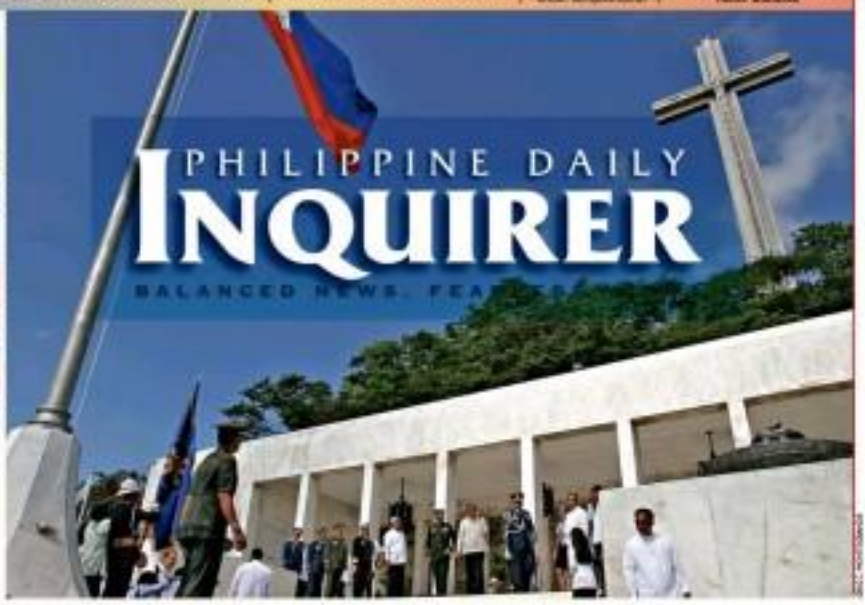
Tuesday, April 10, 2012 ★★ 5 sections / Vol. 37 / No. 122 P18 | Mobile Alerts: Text INQ DELIVERING to 4407 | www.inquirer.net Twitter: @inquirerdotnet

REMEMBRANCE World War II veteran Pascual P. Cabrera, 87, remembers how he fought against the Japanese invasion of the Philippines in 1942, as he grips a .50-cal. machine gun, a relic of the war, at the Mount Samat Shrine in Pilar, Bataan province, on Monday. At right, President Aquino leaves the Dambana ng Kagitingan after laying a wreath to remember the defenders of Bataan on the 70th anniversary of the Fall of Bataan.



PHILIPPINE DAILY
INQUIRER
BALANCED NEWS. FEA

'Pork' release tightened

Misuse of funds seen in 2013 elections

By Gil C. Cabacungan

THE AQUINO administration has tightened the release of pork barrel to senators and representatives to stem its misuse especially in the run-up to the campaign in next year's midterm elections, according to the Department of Budget.

The pork barrel, called the Priority Development Assistance Fund (PDAF), provides funding for the pet projects of congressmen and senators. It has been known to be a source of enrichment for certain legislators who receive kickbacks from private contractors handling their projects.

Budget Secretary Florencio "Butch" Abad Jr. said the administration had "fine-tuned" the list of eligible projects for the P24.89-billion PDAF allocation this year and the release process as part of efforts to prevent abuses in the use of the pork barrel.

"The House of Representatives and the Department of Budget and Management have agreed that only one realignment will be allowed. We foresee a lot of requests for changes as we approach [the] 2013 elections with approved political alignments and realignments taking place," said Abad in a text message. [A PDAF allocation is realigned when its use is changed.]

The release of the pork barrel has been delayed because of requests by senators and representatives to change the projects they had submitted for funding "sometimes even after the special allotment release order (Sare) has

PORK | A11

REARMAMENT President Aquino speaks about the modernization of the military at ceremonies marking Araw ng Kagitingan at Mount Samat Shrine in Bataan on Monday.

MONABLE BASIT The Unha-3 rocket, slated for launch between April 12 and 16, stands at Sohae Satellite Station in Tongchang-ri, North Korea, on Sunday. North Korean officials have moved the long-range rocket into position for the launch.

Fears aired coco fund would go to Luisita

By Kristine L. Alave

BELIEVIT groups yesterday urged President Aquino to certify as urgent a bill that would establish a trust fund for coconut farmers, fearing the disputed shares of stock of San Miguel Corp. (SMC) worth some P65 billion acquired with the use of a coconut levy would be used to finance the distribution of his family's Hacienda Luisita.

Kilusang Magbubukid ng Pilipinas (KMP) and the national

FARMERS | A13

Journalists allowed to view Nokor rocket

CHOLSAN—North Korea has readied a rocket for a launch from a forested valley in its remote northwest this week that will showcase the reclusive state's ability to fire a missile with the capacity to hit the continental United States.

Pyongyang says the rocket, to be launched this week, will only carry a weather satellite, but

JOURNALISTS | A17

P-Noy assures war vets of better health services

By Greg Relloccion and Tonette Orejas
Inquirer Northern Luzon

PILAR, Bataan—President Aquino assured Filipino war veterans of subsidized health services and vowed to continue the modernization of the Armed Forces in yesterday's Araw ng Kagitingan (Day of Valor) rites that paid tribute to Filipino and American soldiers who fought the Japanese 70 years ago.

Mr. Aquino, who addressed the elderly soldiers and their relatives gathered at the Dambana ng Kagitingan extensively in Filipino, got thunderous applause when he announced that from March 31, 599 hospitals had been accredited by Veterans Memorial Medical Center (VMMC) as regional and

P-NOY | A19

Aussie angel's plea triggers flood of 'teddy bears'

By Chop Arnaldo
Lunch Reader

IF YOU don't believe in angels, you haven't met Brenda.

It may sound unbelievable that one little girl could spread her wings so wide to set a grand mission in motion—mobilize people from her hometown in Australia to gather relief for the victims of Tropical Storm "Sendong."

The whirlwind began moving a few months ago. Seven-year-old Brenda Murphy, then visiting the Philippines with her mom and dad, was watching TV news clips of the ravages of the world's deadliest storm in 2011 that hit the cities of Cagayan de Oro and Iligan when a thought struck her: How could these children survive, having lost their homes, proper-

ANGEL | A15

Cruise ship to retrace tragic voyage of Titanic

LONDON—A cruise carrying relatives of some of the more than 1,500 people who died aboard the Titanic nearly 100 years ago set sail from England on Sunday to retrace the ship's voyage, including a visit to the location where it sank.

The memorial ship MS Balmoral, carrying the same number of passengers—not including crew—as the Titanic did, cast off from Southampton, where the doomed vessel left on its maiden voyage. The 12-night cruise will commemorate the 100th anniversary of the sinking of the White Star luxury liner.

CRUISE | A19

SPORTS
Watson bags Masters after dramatic playoff/ A20

ENTERTAINMENT
How to love Pinoy music and show it / D1

METRO
Raps eyed vs firemen in Makati riot / A23

NATION
Palawan blast suspect ex-MNLF member / A10

WORLD
North Korea preparing for nuke test —Seoul/ A26

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Second FRONTPAGE

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Tuguegarao	Partly Cloudy	Cebu
Iloilo	Partly Cloudy	Tacloban
Metro Cebu	Partly Cloudy	Zamboanga
Dagupan	Partly Cloudy	Cagayan de Oro
Legazpi	Partly Cloudy	Davao

6/49		
1st draw	16	24
2nd draw	20	12
3rd draw	18	8

SUERTRES	
2nd draw	3 0 5
3rd draw	0 8 1
4th draw	5 9 6

FOUR DIGIT (Tuesday draw)
7 1 6 8

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Bite the bullet, Pinoys urged

Consumers must live with rising fuel, power costs–Enrile

By Michael Lim Ubac

FILIPINO consumers will just have to live with rising fuel and electricity prices, according to Senate President Juan Ponce Enrile.

"Nasa sa isa Cruz and no one else" should be paying more for their electric consumption and petroleum purchases, Enrile said in an interview with dzBB radio on Tuesday.

"There's nothing you can do about it. Who will pay (for higher power rates), the Lord? We should experience hardships to learn," the senator said.

Enrile lashed out at those peddling "theories" and warning of an impending revolt, taking unnamed critics to task for spreading "speculations" and "blabbering, repeating to debaters and finger-pointing."

"We should have the problem turned on, shunning useless talk. We should do our job... All of us should sacrifice for the country, and not just think of ourselves," he said.

ENRILE

Maintaining should not be blamed for unwilling to forestall the power crisis in Mindanao, the senator said.

"It is no love to blame anyone to end outside of government for the existing inconveniences in Mindanao," he said.

He even branded as "foolishness" the bills now pending in Congress seeking to grant emergency powers to President Aquino, or reducing the value-added tax on fuel.

"We don't need that—that's foolishness. They talk of emergency powers, what can the President do (with them)? He has too many powers. He's the Chief Executive of the country. He can borrow money, negotiate contracts, he can deal with other countries to solve (the power problems)," said Enrile.

Enrile believes the Philippines erred in refusing to tap nuclear power as an alternative source of electricity.

"We don't want nuclear power, we are afraid to die (from nuclear accidents). We thought we will live forever—that's not the case. Other countries are prospering because they took a chance in using nuclear power, we (aren't) because we have (this) backward thinking," he said.

"We have to take a chance in life. We can't be 100 percent safe. There's always a margin of risk in life," he said.

The Ers Aquino administration in 1986 mothballed the Morong-era Bataan Nuclear Power Plant over safety concerns and because the country for a time controlled by corruption. But the government did not provide for alternative power sources to replace what the BNPP would have produced, which was a direct cause of the dreadful 12-hour power cycles in the 1990s.

To remedy the situation in Mindanao, Enrile said he supported the government decision to deploy mobile power barges while the Agus and Naguilan dams, the main sources of hydroelectric power in the island, are being fixed.

"(We should) find other sources of hydropower in Mindanao and if necessary put up coal-fired power plants," he said.

"We'll have to do it. There's no other way unless we can use wind for fuel," he said.

Solon hits gov't deal on power in Mindanao

THE DEPARTMENT of Energy has consented to subsidize up to 64 percent of the cost of power purchased by Mindanao power cooperatives from two power barges owned by private power producers.

But Bayan Muna Rep. Teodoro Casiño assailed Energy Secretary Jose Rene Almendras of acting in "bad faith" by making the power supply agreements in behalf of private power barge contractors a week before the Mindanao Power summit on this week.

Casiño claimed the DOE held a pre-summit meeting in Davao on April 4 where Almendras ordered Mindanao electric cooperatives to buy power from private power barges at P14 per kilowatt hour with the government shouldering the PhP1.60 per kilowatt hour.

In the same meeting, Almendras ordered local government officials to immediately approve the environmental compliance certificates (ECCs) for at least two new coal-fired power plants in Mindanao.

"If that is the case then the power summit would just be a rubber stamp for DOE Circular DC 2012-03-0004 which forces consumers to pay an additional 50 to 80 centavos per kWh for their electricity due to the exorbitant rates of bilateral power contracts like Therma Mobile Inc. owned by the Aboitizes," he said.

"The summit is also meant to convince the people of Mindanao of the supposed need to deploy more coal-fired and diesel power plants despite Mindanao's abundance in clean and renewable energy sources," Casiño added.

He said Mindanao consumers and businessmen would pay a high price for the government's subsidies.

"In terms of price, it's P16.1961 additional for those who consume 100 kWh per month, P100-P160 for those who consume 200 kWh and so forth. This is on top of the approved increase by the Energy Regulatory Commission (ERC) for Napocor generation rates," said Casiño. DE Cabacungan

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Gloria Licad Lanot, pianist, music teacher; 94

LANOT

PIANIST and music teacher Gloria Licad Lanot passed away on April 7, Black Saturday. She was 94.

Born in Lubao, Pampanga, on Aug. 15, 1917, Lanot obtained a bachelor's degree in music, major in piano, at St. Scholastica's College, a master's degree in piano at Chicago Musical College, where she got a Kimball citation at her graduation recital, and a master's degree in education at the University of the Philippines Conservatory of Music (now College of Music).

Lanot also took up painting at the Philippine Women's University, where she taught piano for many time. She moved to UP, where she worked as professor at the College of Music until her retirement.

Caterer, too

After retiring, she took up cooking because said became a favorite caterer in schools, offices, and private parties, at 18 cakes baked and book inscriptions and of arrangements organizations such as Parents Women Writers in Media Now I and the Concerned Artists of the Philippines, Women's Desk (CAP-Women's Desk). She was to mean for her husband Ortega's business.

She is the author of the book Graded Piano Pieces Based on Philippine Folk Tunes, which contained her arrangements of the piano pieces. She had been honored as outstanding graduate of St. Scholastica's College and as outstanding teacher of the UP College of Music.

Poet's widow

Gloria Licad Lanot was the widow of Rodolfo Lanot, a poet, essayist, journalist and anthologist who served as director of the Bureau of Printing and head of Taliserae Publishing House, Inc.

She is survived by her children Maria H. Lanot and husband Jose F. Lacuna; Elvira L. Lanot and wife Evangeline; and Wilma Lanot; and by her grandchildren Jamie Gomez, Rio Lanot Lacuna and wife Francesca C. Reyes, Rojik Lanot and wife Christelle Gabaza Lanot and wife Rina G. Lanot and wife Mia; and Lorenzo as well as by great-grandchildren Zyra and Saya.

Coming from a breed of fame, Lanot also left behind her sisters Conchita L. Manimtim, Rosario L. Yap, Alice L. Albano, and Marina L. Manalo.

The wake is at St. Peter Chapels, 295 Quezon Avenue, Quezon City. Interment is at the morning of April 13 at Loyola Memorial Park, Marikina.

GOV'T WATCH

Serving and Protecting the Filipino Consumer

COMELEC MUST ASSURE THE PUBLIC THAT IT MADE THE RIGHT DECISION IN OPTING TO REUSE SMARTMATIC'S PCOS MACHINES IN THE 2013 MIDTERM ELECTIONS

The Commission on Elections (**COMELEC**), under the leadership of Chairman Sixto Brillantes and Commissioners Rene Sarmenta, Lucenito Tagle, Armando Velasco, & Elias Yusoph, **has decided to exercise its option to purchase Smartmatic's 80,000 Precinct Count Optical Scan (PCOS) machines** in the amount of P1.9 billion considering the following factors:

1. **Limitations of the budget** provided by Congress (P7 billion).
2. **Voters' familiarity** with the PCOS machines.
3. The PCOS system is **better** than a manual system prone to manipulation and fraud.

This decision to purchase and reuse the PCOS machines in the 2013 Midterm Elections was made **despite a formal resolution by the Comelec Advisory Council (CAC) team of technical experts** dated February 8, 2012 stating that:

1. The **option to purchase should not be exercised** since this prevents COMELEC from taking advantage of the best possible and less expensive technology currently available.
2. Exercising the Smartmatic option will **prevent other prospective vendors from participating competitively** in the bidding process.

The CAC also said that Smartmatic should be **penalized accordingly** for the **shortfalls** with respect to its guarantees including the **failure to provide 100% transmission** and the **time stamp issue** – valid reasons for voters to doubt the system.

COMELEC MUST BE ABLE TO JUSTIFY ITS DECISION TO THE PUBLIC SO THAT THE CREDIBILITY OF THE 2013 MIDTERM ELECTIONS WILL NOT BE DOUBTED.

COMELEC has stated that **"almost all"** the faults that have caused the **glitches** in the 2010 elections have been **fixed**. The credibility of the 2013 Midterm Elections is crucial as it lays the foundation for the 2016 National Elections.

GOV'T WATCH strongly urges COMELEC to assure the public that the following reasons for opposition to the PCOS machines have already been addressed:

1. Presence of a prohibited **console port** in the PCOS machines. This could allow **easy unsecured access** to the machine's operating system and make tampering child's play.
2. The **absence of crucial identifying digital signatures** in the machines thereby making it impossible to pinpoint and verify the source of transmitted results.
3. **Ineffectiveness of the ultraviolet sensor lamps** in the machines thereby allowing the use of non-security ballot paper.
4. **Various bugs and flaws in the system software** causing errors in election returns.
5. **Incorrect date and time stamps**, thereby making an effective audit trail impossible.

In addition to the PCOS machines, there are other pending electoral concerns that require COMELEC's immediate attention:

1. **ALL VOTERS MUST UNDERGO ELECTRONIC RE-REGISTRATION USING BIOMETRICS.**

   Electronic Re-registration using BIOMETRICS will create highly credible elections because it will minimize, if not totally eradicate, multiple registrants and even ghost voters.

2. **COMELEC MUST ENCOURAGE ACTIVE PARTICIPATION FROM CIVIC ORGANIZATIONS TO BE "CREDIBLE ELECTION WATCHDOGS" SIMILAR TO NAMFREL TO PROTECT THE INTEGRITY OF THE BALLOTS.**

   GOV'T WATCH is willing to work closely with NAMFREL in this regard.

3. **GOV'T WATCH WILL REQUEST FROM COMELEC THE UPDATED BIOMETRIC LIST OF VOTERS.**

   This should be disseminated through mass media, Facebook, and other social networking sites on a per district basis two months before Election Day.

We urge PNoy to rise to the challenge and put into place an electoral system with unquestioned credibility: **possibly the most meaningful legacy he could ever leave.**

RAUL T. CONCEPCION
Chairman

Your comments or suggestions on this issue are important to us:

Do you Agree or Disagree that COMELEC must further justify its decision to purchase and reuse Smartmatic's PCOS Machines?

GOV'T WATCH would like to get your comments or suggestions on it.
Please send your views and comments to GOV'T WATCH
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via email: inbox@GOVTWATCH.net
www.govtwatch.net
GOV'T WATCH

Qatari emir here today for state visit

By Philip C. Tubeo

THE RULER of Persian Gulf state of Qatar will arrive today on a two-day state visit, the Department of Foreign Affairs said yesterday.

The DFA said the visit of Sheikh Hamad Bin Khalifa Al-Thani to the invitation of President Aquino is the first ever visit of a Qatari emir to the country. Qatar hosts 175,000 overseas Filipino workers.

The DFA said the emir is scheduled to meet with Mr. Aquino and key Cabinet members to discuss ways to further enhance the relations between the two countries.

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BEATING THE HEAT
Children splash away in a kiddie pool in Makati City as temperatures reach 34.2 degrees Celsius in Metro Manila on Monday. The weather bureau forecasts temperatures as high as 35 degrees Celsius in the metropolis this week. (DENNIS JOSE)

Maguindanao off tax collection goal by half, says COA

By Lala B. Salaverria

MAGUINDANAO missed its tax collection goal for 2011 by more than half, and it needs to immediately tax collection efforts this year to get more funds for its operations, according to the Commission on Audit (COA).

The COA said, however, that Maguindanao is on the right track in developing projects for reducing poverty, building infrastructure, and improving education and health services.

In its 2011 report for the province, the COA said Maguindanao managed to collect only P9.86 percent of its tax collection goal of P5.515 million, or just P2.191 million.

Maguindanao, the COA said, needs to improve its collection of real property taxes from realestate firms. The provincial government had failed to collect P4 million in real property taxes in 2011, but only managed to collect a little more than P600,000, the COA said.

Maguindanao also failed to meet its collection goals for business and property taxes, and "are not sound and good, but it overshot its goals for franchise tax and tax on delivery trucks and vans.

Still, the COA said, Maguindanao's overall tax collection was not enough.

The state audit agency said Maguindanao's treasurer should step up collection efforts so that the provincial government would get additional funds for its operations.

The COA recommended that the provincial treasurer strictly monitor the municipalities' collections of realty taxes and "suspend them to remit the share of the province."

But the COA also found something to praise in Maguindanao, site of the power provinces and the site of the worst political violence in the country's history: the massacre of 57 people in Ampatuan town on November 23, 2009.

The COA said the provincial government had taken "bolder steps" toward reducing poverty, developing infrastructure, and improving education and health services by carrying out various projects. The COA said it hoped the projects would improve the image of the province and the lives of its people.

One of the projects that the audit agency praised is a medical dispensary program for the poorest of poor females. Under the program, 96 carabaos have been given to females, who also receive technical support until the carabaos produce female offspring, which will be given to other beneficiaries.

Also gaining COA approval is an abaca and rubber seedlings distribution program, where seedlings are given to local governments to provide residents with a means to get out of poverty.

Maguindanao also was endorsed monthly medical assistance to farmers, as well as deployed a mobile hospital for the general public. The mobile hospital carries basic medical, dental and surgical equipment, and an x-ray machine.

The provincial government has also launched an assistance program for poor students, and is pressing the development of infrastructure as an economic booster.

The COA recommended that Maguindanao continue the projects and expand their coverage. It added that the projects are important to the development of Maguindanao's economy.

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Court of Appeals junks Planas plea

By Marlon Ramos

DUE TO a technicality, the Court of Appeals has tossed out the petition of former Quezon City Vice Mayor Charito Planas questioning President Aquino's order to revoke the "midnight appointments" made by former President Gloria Macapagal Arroyo.

The appeals court said Planas' motion against Executive Order No. 2 was already moot since her designation as executive director of the Ramon Magsaysay Foundation (RMF) under Arroyo ended on March 9.

The appellate court, however, said it would still rule on the constitutional issues raised against Mr. Aquino's order which revoked Arroyo's appointments of 877 individuals to various government posts before the left Malacañang in June 2010. The President said Arroyo's issuances violated the constitutional prohibition on appointments 60 days before the presidential elections.

In a six-page order dated March 16, the court directed Planas and her lawyer, Jose Ventura Aquino, to file their reply to the comment submitted by the Office of the Solicitor General (OSG) within 30 days. It also ordered them to comply with the Nov. 22, 2011, show-cause order that the Supreme Court had issued for their failure to submit a reply to the previous OSG comment on her petition.

Associate Justice Magdangal de Leon and Francisco Acosta concurred in the ruling announced by Associate Justice Angelita Gacutan.

Planas and five other individuals filed separate petitions asking us to scrap the implementation of President Aquino's Aug. 4, 2010, order against midnight appointments. But the high court consolidated the petitions in the appeals court, saying it was the proper court to "review evidence and factual incidents" raised by the petitioners.

In her petition, Planas insisted that she was not a midnight appointee and said that Arroyo merely reappointed her as RFP executive director, a post she had been holding since 2004. The former vice mayor said that Arroyo signed her reappointment on March 9, 2010, or a day before the election ban on appointments to executive positions in the government.

AFP names Eastmincom chief

THE ARMED Forces of the Philippines (AFP) has a new Eastern Mindanao Command (Eastmincom) chief who will oversee all military operations against Moro Islamic Liberation Front (MILF) and communist rebels.

Brig. Gen. Jorge Segovia replaces Lt. Gen. Arthur Tabaque, to who is retiring on April 17.

Segovia, a member of Philippine Military Academy Class 1980, will be replaced as Army 10th Infantry Division commander by Brig. Gen. Ariel Bernardo, current chair of the government panel to the Coordinating Committee on the Cessation of Hostilities (CCCH) with the MILF.

Prior to his current assignment as 1ID head, Segovia was 2ID commander when the military and police arrested 43 suspected New Peoples Army rebels in a swoop in Murcia, Negros, on Feb. 6, 2010.

Dona Z. Pazzibugan

Radiofrequency ablation and Radio-particle seed implantation technique has prolonged the survival rate of advanced cancer patients --- targeting treatment for cancer cells

Guangshan, Modern Cancer Hospital chief scientist, Professor Feng Yuanfu reviewing patients' pathological images

For several advanced cancer patients who had undergone radiotherapy, chemotherapy, and other conventional treatments, it is very disappointing to find out that despite of all these, a lot of metastatic cells in the body still exist. But what is even more frustrating is the fact that patients can no longer undergo radiotherapy and chemotherapy once more due to their weak physical condition.

More than can, the situation be remedied? "Radiofrequency ablation and Radio-particle seed implantation technique known as the minimal invasive method for treating cancer" says Feng Yuanfu, Professor Ding Xiaofu, according to him, such a treatment innovative and targeting treatment for cancer cells can be done especially for particular. Radiofrequency ablation technique is a kind of treatment that makes stimulating effect to one's immune system and can enhance the rapid response of the human immune system against cancer cells.

Radiofrequency ablation works based on the principle that tumor cells have poor thermal tolerance ability compared to normal tissue cells. Therefore, cancer cells can be destroyed and the effects of the cancer cells can be damaged with temperature above 45°C. The electrode needle is punctured into the tumor through the guidance of B-ultrasound and CT scan and after with the aid of electrocautery. Then the needle is inserted, the radiofrequency is immediately conducted into thermal energy thereby killing the local tumor. In addition, the vascular tissue surrounding the tumor coagulates to form necrosis to prevent blocking the blood supply to the tumor and also prevent metastasis.

The therapeutic effect of radiofrequency ablation treatment is more pronounced for tumors having elements of less than 3cm. But for large tumors, the treatment is generally combined with Radio-particle seed implantation technique. Radio-particle seed implantation is like the internal irradiative radiotherapy. This treatment permanently implants iodine-125 particles into the tumor through percutaneous puncture. Thereafter, the iodine-125 particles emits its low-dose radiation repeating the same to continuous irradiation thereby destroying it. What is best about the process is that the normal tissues are not damaged at all or if there are, just minimal.

Indeed, the two features of the Radio-particle seed implantation is its ability to accurately target the lesion, and eliminate the lymph nodes near the blood vessels and nerves without any damage to the normal tissues around the tumor. This is the method used to compensate for the flaw of Radiofrequency ablation.

This treatment was used in the case of Mr. Fuji Yinshu, a 48 year-old hepatocarcinoma cancer patient, who didn't want to undergo chemotherapy and then decided to have Interventional treatment. He then sought treatment at Guangshan Modern Cancer Hospital. Upon his admission, he had both lesions which was approximately 5.0cm in diameter surrounding one the left liver, and destroying the posterior side. Considering the large size of the tumor, and poor effect of radiotherapy, Radiofrequency ablation and Radio-particle seed implantation were recommended for his treatment. The three surgeries were all successful and after the doctors implanted the Radio-particle seed, Mr. Fuji Yinshu was discharged and he was off to home the next day. At present, Mr. Fuji Yinshu condition is now completely under control with only a small amounts of residual cancer cells.

To those then, according to Professor Feng Xiaofu the process of treating cancer patients with the use of Radiofrequency ablation and Radio-particle seed implantation, have gained wide acceptance. And due to its determined therapeutic effect and shorter time of hospitalization, advanced cancer patients may save hours a sigh of relief.

If you have experience such matter concerning cancer treatments and has inquiries kindly call 021-000, 0917-8453365, 0905-5888888 or visit Unit A-1608, 1070 Ayala Avenue, Makati City. Website: www.cancerdoctor.com

THE DAILY GOSPEL

Tuesday - April 10, 2012
Octave of Easter, Tuesday

1st Reading — Acts 2:36-41

Peter said to the people, "Let Israel then know for sure that God has made Lord and Christ this Jesus whom you crucified." When they heard this, they were deeply troubled. And they asked Peter and the other apostles, "What shall we do, brothers?"

Peter answered: "Each of you must repent and be baptized in the name of Jesus Christ, so that your sins may be forgiven. Then you will receive the gift of the Holy Spirit. For the promise of God was made to you and your children, and to all those from afar whom our God will call." He continued with many words to give the message and appealed to them saying, "Save yourselves from this crooked generation." So those who accepted his word were baptized; some three thousand persons were added to their number that day.

Gospel — John 20:11-18

Mary stood weeping outside the tomb, and as she wept she bent down to look inside; she saw two angels in white sitting where the body of Jesus had been, one at the head, and the other at the feet. They said, "Woman, why are you weeping?" She answered, "Because they have taken my Lord and I don't know where they have put him."

As she said this, she turned around and saw Jesus standing there, but she did not recognize him. Jesus said to her, "Woman, why are you weeping? Who are you looking for?" She thought it was the gardener and answered him, "Lord, if you have taken him away, tell me where you have put him, and I will go and remove him."

Jesus said to her, "Mary." She turned and said to him, "Rabbouni"—which means, Master. Jesus said to her, "Do not cling to me; you see I have not yet ascended to the Father. But go to my brothers and say to them: I am ascending to my Father, who is your Father, to my God, who is your God."

So Mary Magdalen went and announced to the disciples, "I have seen the Lord, and this is what he said to me."

Reflection

Mary Magdalene and "the other Mary" (Mark says "Mary the mother of James and Salome, and Luke mentions Joanna) were the first to know of the Resurrection of Jesus. Where were the men? They had all run away! The women were sent to tell the news to the brothers. The word "apostle" comes from the verb apostello, to send. Therefore the first apostles of the definitive Christian proclamation of the resurrection were women! Indeed, Mary Magdalene is traditionally known as "the apostle to the apostles."

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No need for new ballot boxes, says election lawyer

By Jocelyn R. Uy

THE COMMISSION on Elections won't have to spend more than P100 million on new ballot boxes to replace those containing the ballots still under protest by Transportation Secretary Manuel "Mar" Roxas, who lost the vice presidential race in the 2010 polls, an election lawyer said yesterday.

Lawyer Romulo Macalintal suggested that Comelec should instead purchase corrugated cardboard boxes to temporarily store the protested ballots and free up the official ballot boxes for use in the 2013 polls.

"I believe there is no need for the poll body to spend P100 million for new ballot boxes in the 2013 election just because of the pendency of the election protest filed by Binay," Macalintal said in a statement.

"Instead of purchasing such sophisticated ballot boxes... the Comelec could just purchase an equivalent number of corrugated cardboard boxes, which, on the average, would only cost around P150 per box," he said.

Roxas' election protest against Vice President Jejomar Binay is scheduled to hear 76,000 ballot boxes containing votes in Mindanao today.

Macalintal said if the Comelec considered his suggestion, the poll body would be able to save P69 million since substitute boxes would only cost about P1 million.

MACALINTAL

The official ballot boxes containing the protested ballots are still under the custody of various municipal and city treasurers.

But the Comelec may ask the Supreme Court for authority to retrieve and transfer the entire contents of the 76,000 ballot boxes to the automatic ballot boxes in the presence of representatives from both the Roxas and Binay camps, said Macalintal.

The cardboard boxes can then be secured with masking tapes signed by representatives of both parties, he added.

"There will be no problem as to the security of the integrity of the protested ballots since, in case of breach thereof, the ballot images from the computer flash (CF) cards could always be retrieved to by the parties," he said.

Macalintal noted that in all election protests involving the 2010 automated elections where ballots were found to have been tampered, the ballot images from the CF cards were used by the Comelec and the courts in lieu of the recount by comparison with the same ballots in resolving election protest cases.

Should the Comelec purchase additional ballot boxes, the poll body would later have excess ballot boxes since the protests had been resolved, warned Macalintal.

"What a huge waste of P100 million which Binay protest is practically not moving at all after two and a half years of its pendency with the Presidential Electoral Tribunal," he said.

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Kin of Pinoy hero seek return of US war medal

By Tarcisio Orejas
Inquirer Central Luzon

CLARE FREEPORT—The family of a war hero and a member of the 26th Philippine Scouts under the US Army, has renewed its appeal for help in recovering the US Congressional Medal of Honor awarded to him (medal) 69 years ago.

A relative took the medal in the 2000s and has refused to let him sold it at an auction last year.

Maria Delilah Tarzan, a great-granddaughter of Pvt. Jose Balitan Nepomuceno, said the family's appeal was directed at the relaxing holder who paid $1,100 ($47,300 today at $1.43) for the medal.

"We learned recently from one of our supporters, Mr. Philip Guerra, about an auction in 2011. We received information [our missing kin] didn't win a Filipino-American friend in the United States. The name of one in the United States. The name of one in the United States. The name of one

RAFFLESIA: Buds in Mt. Banahaw (CONTRIBUTED PHOTO)

CathoLINK is new social networking site

INSPIRED by the popularity of social networking sites, the Catholic Church's social communications arm has launched its very own portal that aims to foster communal connectivity among its faithful.

Radio Veritas launched on Easter Sunday the website "CathoLINK" (http://www.catholink.org), the country's first faith-based social networking portal, where users can share their faith by exchanging views, messages, photos and videos. The launching marked the radio network's 64th anniversary.

Luuy Udtuk, Radio Veritas social communications head, said in a statement that the Easter launch is a means "to profess that Christ is truly alive in our social media."

-Jocelyn R. Uy

World's biggest flower abloom anew on mystique mountain, but...

By Dello T. Hubert Jr.
Inquirer Southern Luzon

LUCBAN CITY—Eight years after pilgrims and hobbyists were barred from Mount Banahaw in Quezon province, scientists and wildlife agencies—including the area "caffilesia" which is considered the world's biggest flower—have begun to reappear in the hills and gullies of the mystic mountain.

Members of an environmental watchdog, who could no longer hike to Banahaw during the Holy Week, were ecstatic about their find but lamented that the waterless Falls in Bobong town had practically dried up.

Drying up

"The caffilesia has returned to Mt. Banahaw and there were even more recognizable mountain buds close to the return of their reputation," Efleden Escalona-Calabanos, special project officer of Tinggil Kalikasan Sa Southern Tagalog (TKST), told the Inquirer.

However, Calabanos said water from the Cristobal Falls was barely trickling beneath rivers and shrubs. She recalled that in 2009, the Cristobal Falls was a beautiful sight with cool gushing water.

Isabel Pangan, park superintendent for Banahaw and the adjacent Mount San Cristobal, said the "caffilesia" could reach a diameter of nearly a meter and weigh up to 11 kilos in full bloom.

The rare flowers has also been spotted in Mounts Makiling in Laguna, Isarog in Bicol and Iglit in Davao.

Disappearing flora

Considered a parasitic flowering plant with a distinctive stinky smell, the caffilesia was discovered in the Indonesian forests by a native guide working for an expedition in 1818. It was named after Sir Thomas Stamford Raffles, the leader of the expedition.

Calabanos cited records showing that the "caffilesia" had long been a part of the mountain's rich forest flora. It slowly disappeared and became almost extinct as more and more religious pilgrims and picnickers descended on the mountain, which they believe is a spiritual place. Widespread destruction eventually sealed off the ancient Lemery Park, which draws over seven visitors. Banahaw is home to many spiritual and religious cults.

"The caffilesia flower that we last spotted in 2006 eventually withered and died," Calabanos said.

The drying up of Cristobal Falls, on the other hand, could be the result of climate change, the hobby members suspect as well as "mismanaged" streams and brooks like Sibulan Creek in Lucban, TKST members claimed.

"Definitely, we will recommend further investigation," she said.

The TK staff noted the absence of the usual throng of devotees and mountain trekkers who usually cross during the Holy Week break. They are now restricted to a campsite at the foot of the mountain.

"There were only a little more than 2,000 registered mountain visitors this year," Calabanos said.

Sacred spot

During the inspection, the researchers found some devotees had isolated into a "sacred spot" near the Cristobal Falls, which has been declared off-limits to the public.

"We just allowed them in this side their prayers before they were ordered to return to the pilgrimage area at the base of Banahaw," she said.

In 2004, the Protected Area Management Board (PAMB) installed barbed wire to seal off several trails leading to areas in the forested Banahaw to create a program to rehabilitate the mountain's polluted streams.

In February, the PAMB declared Banahaw and Mts. Cristobal and Isarog as protected areas.

Across the NATION
Assistant Editor Tony Bergonia

Palawan blast suspect ex-MNLF member

By Roelengrie D. Anda
Inquirer Southern Luzon

PUERTO PRINCESA CITY—The suspect in last week's twin bombings in Palawan arrested by Criminal Investigation and Detection Group (CIDG) agents on Sunday was a former member of the Moro National Liberation Front (MNLF) that had undergone specialized military training including bomb making, according to military sources and MNLF officials.

An MNLF official said the suspect, Hiut Hassan was part of the core group of MNLF commanders, who were originally sent to Palawan at the height of the Moro secessionist rebellion in the 70s, and prior to the forging of a peace agreement with the government in 1976.

Insp. Grace Vir Garriba, spokesperson of Task Force Hiantay, which was formed by the by the Department of Interior and Local Government to investigate the Palawan bombings, announced Monday afternoon that they have filed four counts of frustrated murder against Hassan and five others.

Hassan, 64, was arrested on Sunday night and tagged as a suspect after investigators found in his daughter, who is a minor, a mobile phone that was used in sending warning and scare text messages at the bus company where one of the bombs exploded on April 6. The same mobile number was traced by government agents in the origin of a message warning of more bombings and sent to Puerto Princesa Mayor Edward Hagedorn.

Police initially arrested and earmed Hassan's daughter in the bombing suspect. But the young Hassan was released on Sunday night following the arrest of her father, according to a police source.

Disowned

The MNLF, however, clarified in an interview with the Inquirer.net that the elder Hassan has long been officially disowned by the MNLF.

"He is no longer part of the MNLF. If the police reports are true that Hassan may be involved, we in the MNLF have nothing to do with that. The present MNLF leadership under chair Nur Misuari[ ] has a standing commitment to respect Palawan as a zone of peace, even to ease of a resumption of hostilities between the forces," Al Nahum, an official of the MNLF told the Inquirer in a phone interview Monday.

Nahum, who acts as chair of the so-called MNLF Central Palawan Zone Committee, said Hassan, who was known as "Commander Gibon" during the MNLF years, and a group of unidentified Moro leaders are "operating outside the mandate of the MNLF."

He urged government investigators to investigate Hassan's alleged links with the fugitive former Bataraza Gov. Abdi T. Ibrahim.

"The police should know their links could be politically motivated. They should look at reports that Hassan is or has been employed at the capitol and is closely identified with the former governor who is now in hiding because of the Ortega murder case," Nahum said.

The Inquirer tried to validate a report received by the Task Group Hantay that Hassan was employed in the office of Balabacan Vice Gov. Clara Reyes, the wife of the ex-governor, but has yet to receive a reply.

Reyes, along with his brother and Coron Mayor Mario Reyes and two former capitol staffers, have been including nine suspects of seven cases filed against them last month for the murder in January last year of Palawan broadcaster Dr. Gerry Ortega.

Connection

Fugoluan had earlier asked Task Group Hantay to investigate the connection between Hassan and former governor Reyes.

He told the Inquirer that the warning text messages sent to him by the alleged perpetrators "could be diversionary and intended to confuse authorities who are now looking in severe the arrest warrant against the former governor."

Western Command chief Maj. Gen. Juanchito Jurdin, who named the elder Hassan the bombing suspect, told reporters in a briefing Monday that Hassan's group broke away from the main MNLF faction and that the recent bombing incidents might have been the handiwork of fugitive MNLF members.

He said the military was still evaluating "all possible angles and motives," including reports that Hassan's group might be involved in "extortion" and was having disagreements with other MNLF groups over money talks.

"Extortion? Yes. Maybe because the intention [of the bombing was not to harm but to send a message," he added.

Jurdan said there were about 15,000 MNLF members in Palawan, "but all of them are noncombatants and do not have arms."

DANCERS perform on the streets of Dagupan City during last year's Bangus Festival. Dagupan will again celebrate the festival highlighting its most famous product, milkfish, but this year's activities include a culinary festival featuring other seafood delicacies and dishes.

Suspects' sketches released

ZAMBOANGA CITY—Police on Monday released the computer-generated sketches of four suspects in the abduction of Mayor Jeffrey Lim of Siaton town in Zamboanga del Norte.

Lim was reported on April 2 at the public terminal of Siaton by a group of armed men.

Provincial Police Chief Senior Supt. Ramon Odtohan said they could not find the suspects in any group. "What we have are vivid descriptions of the role of these four tongpons during the abduction," Odtohan said. He has no further plans.

He added that the computer-generated sketches included the face of the man who approached the mayor, showing him a folder with a supposed arrest order and taking him thus he was being arrested.

As the mayor was operating, the supposed arrest was next, three other suspects grabbed him and forced him to a getaway van, Odtohan said.

Witnesses said the suspects were in civilian and wore camouflage uniforms.

"The witnesses thought it was a police operation. They have learned that it was an abduction," Odtohan said.

The military's 1st Mobile Division commander Brig. Gen. Rustico Guray said he has opted to suspect the Abu Sayyaf Group, a known kidnap-for-ransom gang that operates in Zamboanga Sibugay province.

Wan, Gray said, sent the troops to Siaton village to spearhead the search operations where the kidnap group's members were reportedly hiding, even the wounded. —Julie Alipala, Inquirer Mindanao

Pangasinan summer starts with 'bangus' fest

DAGUPAN CITY—An array of gastronomic delights drains lively Dagupan's will be among summer's treats when this city celebrates its Bangus Festival starting today.

Councilor Marc Brian Lim, chair of the festival's executive committee, said people from the famous Bonnan "bangus" (milkfish), Dagupan's best "lechon" (roasted pig) would be served after 34 friendship on April 2-14.

"We will also have the very popular street fare 'pigar-pigar' (deep-fried beef), 'kalderetang' (beef stew) and lechon (roast) and a special blend of cuisine that the city is now growing," Lim said.

This year's week fete, he said, would also feature other fish varieties such as "tulakbok" (puti) and "lapu-lapu" (grouper), which are also grown in the city.

Since 2002, when the Bangus Festival was launched, it had traditionally featured bangus in its "Kalutan ni Dalan" (milling in the streets) every April 30, the presidential night at the festival.

"We are actually trending away from just promoting bangus. We are also promoting other seafood of Dagupan," Lim said.

"The aim here is that we want to be the seafood capital, maybe not the entire

HOMETOWN Snapshot

down the road. But looking even further, my suggestion to the mayor is that we must become the food capital of the north," he said.

Lim said Hidden city is now a major tourist destination in Pangasinan and to draw people here, food must be the main attraction.

Mayor Benjamin Lim said what makes the local lechon special is that the pig to be roasted was not fed with chemical feed but organic feed. "So, this is a healthy lechon. It has thinner fat, tastier meat and no acid smell," Mayor Lim said.

To produce the city's tastiest organic lechon, Lim said he had invited all pig roasters in the country on April 24 to join a lechon contest.

"Whoever wins, we will adopt him or her attaining Kamado as their trademark," Lim said. "With this and the right way of cooking the meat, we will have a tender and tastier pigar-pigar."

He also met with pigar-pigar cuisine restaurant owners and asked them to improve the way they cook and prepare the street food made famous by Dagupan.

"Recently I talked to the owners of a cafe there in Bolinao and they told me that they have this kind of salt that not only enhances the taste of meat, it also tenderizes it," Lim said. "With this and the right way of cooking the meat, we will have a tender and tastier pigar-pigar."

In November last year, the city government launched an oyster revival project which involved fishermen displaced by the dismantling of fish structure in the city's rivers.

These oysters, which have grown bigger than those grown in nearby Pangasinan towns, will be harvested in time for the Bangus Festival.

"We're actually growing three varieties of oysters. We will harvest all of them and we will ask the people to taste it. They will choose what we should propagate more," Lim said.

He said the city government would also train people how to prepare oysters in different ways.

"Our direction is really more on livelihood but we have to teach our people because they always ask us to cook it. We have to cook it out of the box and clubbing one of the best cuisine in the country," Lim said. —John Jeff Cardilenas, Inquirer Northern Luzon

Cebu fire razes 34 houses

By Jhonvon Napallacan
Inquirer Visayas

CEBU CITY—Thirty-four houses were razed in a midmorning fire in 4016 Bagong Bohol, Barangay Don Andres Soriano (DAS), formerly Lamputi, Talisay City on Monday.

Senior Insp. Randy Mendaros, the marshal of the Talisay City fire station, said the fire was fed on the unoccupied house of Roy Aguino, who is residing in Cebu City.

Aguino, his siblings and relatives had just held a reunion in his house on Easter Sunday, Mendaros said.

Because of this, he said, they suspected that an electrical device was left without unplugging it on Sunday and might have caused the fire.

"But we are still conducting an investigation. We are also coordinating with the Cebu Electric Cooperative to check the electrical wirings of the house," Mendaros said.

Although less fire trucks and four water tankers from the town, by Canteen Copper Corp. arrived early and conducted firefighting operation, quickly the wooden houses, which were made of light materials, were totally razed by the fire that occurred in a densely populated area.

Aside from the Talisay City fire station, firetrucks from the towns of Balamban, Pinamungahan, San Fernando, Minglanilla and the city of Naga also responded to the fire alarm.

The damage was pegged at P500,000. No one was hurt. The victims were temporarily relocated to the barangay hall.

'Kamay ni Hesus' multitude manna from heaven for Lucban

By Dalila Pilallel Jr.
Inquirer Southern Luzon

LUCBAN, Quezon—The scenic, mini shrines of devotees who had been flocking to the religious site "Kamay ni Hesus" (Hand of Jesus) shrine here to mark Holy Week was spiritually enriching for the religious.

For local business, the seven-day multitude was like manna from heaven.

"One sales replied this Holy Week assigned in past years," Rinaberta Silvio, proprietor of the popular "Kare and Ely Longganisa," told the Inquirer Sunday.

He said the brisk sale the past week almost matched with business transactions during the Sinulog Festival held here every May 15.

The popular event is also a soul-stimulus day for local businesses due to the throng of local and international tourists that invade the town at the base of Mount Banahaw to witness the solemn and galore of the famous farmer's festival.

Imbabita Rizada, proprietor of Barrio Mike, a noodle factory in Barahan Subdivision, said Holy Week was really good for local business, particularly from selling food and souvenir items.

The shrine is a religious complex located in Barangay Tinamnam, some two kilometers away from the town proper, is one of the popular Holy Week destinations in the country.

Fr. Jerry Pallisa, a renowned healer and founder of the shrine, said that based on the estimate of police and the shrine's own security guards a total of 1.3 million shrine guests came for Holy Week.

Quezon Police Chief Senior Supt. Ruberlan de Leon, who supervised the maintenance of peace and order in the area, said based on his knowledge of crowd movement, "Our 1.5-mil-lion figure has basis."

Lucban Police Chief Insp. Hilario Caranzo said "the crowd is so huge and the volume of vehicles is really heavy."

He noted the heavy volume of passenger jeeps, buses and private vehicles that arrived in Lucban loaded with passengers visitors to the shrine.

Caranzo said the projected by-pass road, that would enable the motorists to skip the town proper and go directly to the shrine, would have to be completed this year to avoid a similar situation next Holy Week.

He described the situation at the shrine during the past week as "generally peaceful" with over 30 policemen and Army soldiers assigned at the shrine to protect its visitors.

He said there was no other untoward incidents reported to the police except for a hotel employee's incident last Tuesday when a female "balikbayan" was victimized by a common pickpocket.

Dilly cash was taken by the unidentified thief while the personal identification cards and other documents of the victim were left behind in one of the visitor's comfort rooms.

One of the closed-circuit television (CCTV) placed in strategic spots in the complex was able to get footage of the incident, said Caranzo.

Fallot described the absence of violence and crimes at the shrine as a "miracle."

"It seems that even the criminals have observed Holy Week and respect the sacredness of the shrine complex," he said. Last year the police journal reported a couple of pickpocket incidents inside and outside the shrine complex during the Holy Week.

Fallot said that with the multitude of visitors, the police, Army, volunteers and the shrine's own security guards had thought that criminal elements would swarm the shrine.

"That's the reason we put up CCTVs around the complex. Thank God that only one individual incident happened," the priest said over the phone on Monday.

DEVOTEES flock to the "Kamay ni Hesus" shrine in Lucban, Quezon on Good Friday.

'HEALTH-FOCUSED DESIGN'

St. Luke's rated among world's most beautiful

By Nancy C. Carvajal

IT'S a patient's nightmare: Confined to a hospital inhabited by people with the worst health conditions one can ever imagine, he becomes witness to a larger metaphor of a malignant disease—the depressing sight and grueling routine in a cold, sterilized setting.

This is an urge of the patient's infirmity that makes him confront his own mortality.

Despite this, or maybe because of it, local hospital officials have worked on a prescription that would provide progressive comfort care in a healthier, happier atmosphere.

Marilen Lagonoy, vice president for communications of St. Luke's Medical Center in Bonifacio Global City told the Inquirer, is that the best compliment she received from a patient on his way out of the hospital was a parting "thank you for making my stay pleasurable and comfortable."

'Grateful patient'

"It's not only an honor for the hospital, but for the country as well, and will surely contribute to its tourist arrival," Lagonoy said, adding that the grateful patient traveled all the way from Canada to seek medical treatment in the hospital.

SLMC in Global City recently landed on the list of the World's Most Beautiful Hospitals, a distinction conferred by editors of the US-based magazine Healthcare Management News and Insights in their March issue. The first and only Philippine hospital to be included on the list, it placed No. 11 from among 25 of the world's best, alongside medical facilities in the United States, Europe, Central America, Middle East and Asia.

Only three hospitals were cited in Asia, the two others located in Bangkok and Hong Kong.

No boundaries

In developing the list, the magazine said interior and exterior features and their health-promoting qualities were considered. "Designs including warm woods and nature-inspired elements, soft color schemes and exterior finishes designed with regard to their natural settings placed these facilities on the list."

The magazine cited SLMC as good that "health-focused design has no boundaries."

FACADE of the St. Luke's Medical Center in Global City Healthier, happier atmosphere

"The impressive interior and exterior design, as well as similar and patient reviews for your hospital contributed to your ranking and we are happy to deliver the good news," Lagonoy said, quoting the magazine's congratulatory e-mail.

The magazine also noted that SLMC "has received international accreditation and is recognized as one of the best hospitals in Asia and the entire world," which is why it regularly receives patients from around Asia, Micronesia, the Middle East, Europe and the United States.

Lagonoy noted that the citation was not solicited.

SLMC stands on a land area of 1.6 hectares with a floor space of 154,000 square meters in Fort Bonifacio, Taguig City.

It is composed of two medium rise towers. The hospital proper having 600 beds and its Medical Arts building housing a 40-unit hotel for emergencies.

Affordable

Lagonoy said that contrary to popular belief, the hospital's rates are affordable, even as it has various services that address the patient's and family's needs.

Rates per night can be as low as P1,000 to a four-bed private room and P1,800 to a two-bed private room. Deluxe rooms range from P2,500 to P6,000. Suite rooms are also available.

State-of-the-art

Lagonoy added that a hotel was conserved inside the hospital complex for relatives who wants to stay close to the hospital.

A shuttle counter also travels from the corner of McKinley Road and goes around the Global City for free.

"It's an added free service to visitors and relatives of patients because we believe that support from your loved ones is a major factor for early recovery and comfort of the patient," Lagonoy said.

Lagonoy added that the two-year-old hospital is known for its expert doctors, state-of-the-art technology, continuing improvement in patient safety and quality care, expeditious rates and courtesy service.

She said the SLMC medical and dental specialties in the country, which includes, cardiovascular medicine, neurology and neurosurgery, cancer and digestive and liver diseases.

She said the hospital has also acquired the most modern equipment and is also committed to continually improving its services through advanced training of doctors and medical staff.

Gov't eyes privatization of Kennon Road

By Philip C. Tubeza

THE GOVERNMENT is studying plans to privatize the iconic Kennon Road, the picturesque "zigzag" highway that leads up to Baguio City, Public Works Secretary Rogelio Singson said yesterday.

Singson said the government is thinking of privatizing the road to improve its maintenance and the conduct of motorists and commuters going up to the country's summer capital.

"We are looking at the best option for the government to improve the maintenance and riding comfort for Kennon road because there is no alternative anti-toll road," Singson said. "If you don't want to pay toll fee, you could take Marcos Highway."

Singson said the government was preparing a "business case" study although he was personally "more inclined to privatize Kennon."

He said that privatizing the road would save money for the government, which has to maintain the steep and winding highway annually.

"That would then become the problem of the (private) operator. We would set standards for the operator," Singson said.

"They should protect the area where they inspect landslides could occur so that they would not have headaches. The government spends much money to maintain it every year," he added.

The 41.2-kilometer highway, which connects Baguio City to the lowland town of Rosario, La Union, is prone to landslides particularly during the rainy season.

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Aussie angel's plea triggers flood of 'teddy bears'

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INQUIRER

OPINION

Equitable taxation

EDITORIAL

IT'S the season of the tiremen and a busy season to sell for accountants whose job it is to assure how much their clients ought to pay the government or to figure out ways to lessen their clients' tax burdens.

The wealthy and self-employed—and most companies, for that matter—are lucky to have accountants who can subsist on a few thousand pesos here and there from their taxable incomes. However, members of the working middle class are a captive lot because their taxes are withheld at the source. But are the self-employed (mainly professionals like lawyers, doctors, actors, basketball players and other athletes) paying the correct taxes? The government does not think so. As President Aquino said in his State of the Nation Address last year, it seemed likely that most of the Philippines' self-employed were not paying the right taxes.

Finance Secretary Cesar Purisima provided a convincing statistical explanation to prove this. Citing data from the Bureau of Internal Revenue, he said that for 2010, a total of P0.8 billion in income taxes was collected from 1.7 million professionals. This would mean that each of them paid the government P5,703, translating to monthly earnings of just P6,508, or below the minimum wage.

Purisima noted that businessmen and professionals should be the epitome of a good taxpayer. He said the government was not asking them to pay more income taxes than they should, just the right amount commensurate to their income.

Starting late in 2011, professionals such as lawyers have been included in the growing list of tax evaders being nailed by the BIR under the Run After Tax Evaders program. The BIR is seeking to collect P48 billion from about 1,000 tax evasion cases it has filed since the start of the Aquino administration. This year, the BIR is also targeting to raise more than professionals to at least P95 billion, expecting each of them to pay an average P208,000 in taxes.

Meanwhile, what do the members of the working middle class get for the billions in pesos in taxes they pay? Many of them use private hospitals or medical care services and send their kids to private schools, and for their taxes they must salary in public places, affordable goods and services, and an efficient public transport system. But the government is really lacking in these areas, as shown in the horrendous traffic on Edsa and the endless-packed MRT trains, the daily crime reports in the newspapers, and the costs of consumer goods and services that have been rising along with the prices of oil products.

Equitable taxation is also needed for the "sin" products—cigarettes and alcoholic drinks. The current excise tax system on tobacco products dates back to 1996. While the law was amended in 2004, no major increases were mentioned. The biggest weakness of the current system is that the excise classification of cigarette brands present in the market in 1996 was frozen at the 1996 price levels. The law provides that these classifications can only be changed by an act of Congress. The consequence was that while the 1996 brands kept staying their prices through the years, their excise classifications did not change.

For example, a 1996 brand classified as "low-priced" remains a low-price brand and pays a very low tax rate, even if its current retail price should actually bring it to a higher excise classification with the corresponding higher tax rate. The anomaly in the law has resulted in the government losing tens of billions of pesos annually in foregone revenues. It has led to the Philippines having one of the lowest cigarette prices in the world—a fact that surely does not aid the anti-smoking campaign. It also discourages the entry of new players because new brands are classified based on current prices and become subject to higher tax rates than 1996 brands.

It's time to change the current system, which should extend, at the minimum, removing the classification protection given in 1996 brands, raising the rates to increase government revenues and address the country's health concerns, and instituting a system that levels the playing field in the tobacco industry. The Department of Finance estimates that the reform bills now pending in the House of Representatives will yield additional taxes of P44 billion a year, despite a projected 30-percent drop in demand.

If only the government units professionals and "sin" products correctly, the perennial problem of the state having to borrow so much and crowd out the private sector from the loan market can be eased. And perhaps the members of the working middle class will not complain as much if they see that others who earn more than they do are paying the correct taxes.

Founded by Eugenio D. Apostol

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'Lazarus moments'

VIEWPOINT

Jesuit L. Hernando

"YOU'RE VERY another to," a cognizes comfortless pain. This quaint "English" expression resonates in Easter notes Catalina Acevedo of the Lyceum Bisaya of Studies.

After the resurrection, Jesus passes through barred doors three countries, Luke and John accounts. Two evangelist Him materialistically. Time and space no longer constrain Jesus. Luke and John observe, "He had become another."

Resurrected disciples lack themselves to take the Upper Room. They stayed in bright when Jesus appears. "Touch me and see for yourself that a ghost has no flesh and bones," He says, displaying outpierced hands and side. "Reality sets another in."

Mary Magdalene is weeping outside the empty tomb. He thinks it is the gardener asking, "Who are you looking for?" After Jesus calls Mary, "she turns and [says]... Master." In Emmaus village, Jesus remains after two disciples accepted Him as the "breaking of the bread." "Then [a] were another me."

Should you know it is Easter time for the season, Chief Justice Renato Corona dismissals that his unexplained dollar account remains unexplained. Napoleon Jacob Villarosa and Joel Reyes hands owners at the expo. One out of three kids go hungry, United reports.

Death dares pardon, nukes save schools for to feed school people. UN estimates new 9,000 civilians have been killed since Assisi dictatorship ended. Since then a war ago. Iran and 6-allied Lebanese force, Hezbollah, deter the daughter.

Like Syria's president Bashar al-Assad, two of us think of our deaths—and what lies beyond. Yet, Easter offers a "Lazarus moment" to us, whether buried in a cemetery's garden or in an air-conditioned mausoleum.

"Lazarus, come forth," Christ cries into a Bethany grave, two miles from Jerusalem. The tomb's owner now hardware rolled away—time immemorial. "I am the resurrection and the life," Jesus tells Lazarus' sisters Martha and Mary. "Whoever believes in me, though he die, shall live."

Lazarus emerges, after being entombed for four days. "He binds and but I never found

and Belen Calungsod of the Visayas. In 1672, Calungsod was tasked to thrill in Easter while protecting his co-missionary. He Jesuit Diego Luis de San Vitores. He will be canonized on Pope Benedict XVI on Oct. 21, 2012.

In the Easter appearances, Paul and others are a different language. They do not say, "We've seen Jesus again," but "we have seen the Lord and worshipped Him." Those who proclaim Easter to their lives, like Herbert Vieira of Colombo or Bernard John Paul II, sometimes summon to articulate its meaning.

After Easter, Christ was "seen by some, but not by others," notes Gibbon columnist Ron Robinson. The Resurrection accounts from "an almost perfect parallel" along those of the first Christians.

The Child rose and, not a ghost. The shepherds saw Him, "suspects of the law" do love. Some got the meaning and this changed their lives. This, the Judge "witnessed by Jesus' disciples as an other way." Others measured every child before 2 years of age as forbidden.

Many passed by Calvary only to mock the crucified. The good Thief asked meekly "to be remembered," and Christ gifted him with a space of midnight the news into the kingdom blessed and Canadian "has heard their hearts."

What sudden scene to see but not others! Mary Magdalene and some women go to the tomb at the dawn of Easter. Peter and John race to the tomb when told it is empty. "Other persons in they are locked inside their own world."

Whether we are to see, depends upon author's going we inside or seen hearts," Bellarmine adds. "The resurrection doesn't live inside you."

Many of us are "dead" in our sins and even thousands of years to a man who spoke of the resurrection is urge us here. Events had declared John's family and Judas Iscariot. His friends had witnessed, and risks unseen guessed at him. Yet, Jesus' words to Martha echo to us, all the same: "And in the end, He will grind upon the earth. And after my skin has been destroyed, yet in my flesh I will see God."

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Healers

THERE'S THE RUB

Conrado de Quiros

POPE BENEDICT XVI had an interesting image in Africa. Some his message about humanity's need to find its way amid the darkness of our times.

"Today, we can illuminate our cities to the light [so that the stars can] be shy: are no longer visible. In this we an image of the problems caused by our science of enlightenment? With regard to spiritual things, our knowledge and our technological achievements are in fact leading us into an unenlightenment. As a result, what we have learned about things of God and the question of good, we cannot longer identify."

There is only one true light. Pope Benedict said. That is faith.

That was his homily last Easter Sunday. Before that, he had come out with great blaring, metaphorically speaking, against detractors within the Church calling for an end to the ban on priests marrying and women becoming priests.

Well, first off, I rather thought Cat Stevens got the contrast between those two are have gone toward ruining the sentence and how little we have gone toward raising ourselves more profitably in a song called "Where Do The Children Play?" It goes: "Well I think it's fine, building factories / But taking a life, put a country over / Tell it on mountain / Tell it on the audience." Yes, get what you want, but if you want, "cause you can get anything / I know we're using a long way / We're changing day to day / So tell me, where do the children play?"

That was of course before Cat Stevens became Yusuf Islam, and deprived the world of his fine songs. Talk of the day-the-music died.

Pope Benedict's stance on married and women priests is not of course so different from Pope John Paul II's. However the latter was faithful to the pope of modern times. But I don't know that it doesn't sound more jaded in this time. Unfortunately, the same technology that has made possible the illumination of the world and not the illumination of the self has also made possible the illumination of the darker chapters of Christianity.

One seems TV series, entitled "The Borgias," which for gained a good audience, has done that. In fact the sexcite of married clergy if not female ones. But Pope Benedict calls against has a historical precedent not to priests has on popes. Pope Alexander VI was one such. Technically of course, he wasn't married, he had successes. The longest living successor who born his children, Giovanni, Cesare, Lucrezia, and Goffredo, all of whom he acknowledged openly. He even made Cesare a cardinal. If this version of history is to be believed—a thing Pope John pulls you should particularly find interesting—Rodrigo Borgia (Jeremy Irons in the series) bought the papacy by spending more than the other candidates to buy the cardinals' votes. And patronage is real to boot.

The Borgias would go down in history as being corrupt, but that appears to be the benchmark of their successors—the Roman oligarchy—Rodrigo Borgia's reign is also known for its artistic achievements. In any case, what has changed by radically objected to, and found wanting, was not that the pope had a family but that he had the nerve to acknowledge them.

In to the darkness was sounding the world, a list of sick conventions, as those of Benedict. It shows he apologized to the world for Christianity's own atrocities, might be more what the Great Healer ordered. I just finished reading Allan Massie's "Wolf Hall" (broke with fans four

Wealth in the soil

NO FREE LUNCH

Cielito F. Habito

The found it is contain various elements and enzymes that worked wonders on other crops it sees applied on. Lastly (regardless no matter and growers, and some from more than doubled) to see, rice plants have much more grain, sugarcane become thicker and juicier, and brown peppers fruited more profusely. She developed a way to stabilize its active ingredients, and started bottling it (~10 other parts of the country to visit it with various crops. The Department of Agriculture has been actively testing the product, now officially registered with the fertilizer and pesticide Authority (FPA). Prior to our visit, her organic fertilizer had just received its distributorship accreditation in a DA field trip to rice farms in Talavera, Nueva Ecija, reportedly yielding a phenomenal 200 cavans of palay per hectare. Yesterday she learned that the DA had obtained similar results with sugarcane in Batangas. And set fertilizer test is currently underway in three fields of the rural P20,000 per hectare. Marlon affirmed a no less phenomenal harvest of (75 cavans per hectare in rice farms he has been overseeing in Pangil).

In charge of high-value crops for his municipality, Marlon also attends the Sangguni Gabinan Session Before Municipal Mayor Cooperative in the hills of Pangil. He has formed the upland barangay into a certified organic farming area, growing various vegetables such as ginger, cucumber, celery, tomato, pechay, cabbage, lettuce and so on. There sustainable operation has received a rare from Agriculture secretary Proceso Alcala and the Japan International Cooperation Agency (Jica), which has helped with a 1.5-kilometer road, from farm to market road. Their produce is readily snapped up by Laguna Organic Farms and Products, which markets them in eleven Manila.

Like other practitioners I've met, Marlon swears that organic farming achieves yield levels no less, and even better than what they had obtained with chemical-based farming in the past, with very little cash outs. Any yield declines encountered are temporary, lasting at most three crops, he notes. Seasoned farmers have explained to me that the transition to organic farming is often encountered from a time when "mapa ngod ng lupa" ("the soil is tired"). It's in restoring way to put it, but I defer to the wisdom of people who've spent the good part of their lives tilling and living from tilling the land. They must know what they're talking about.

Our visit was to see many various thoughts in mind my first direct encounter with organic farming seven years ago in Magsaysay, Davao del Sur, when I field-validated the town's Diversified Organic Farming System (DOFS) for a Gawad Pinoy Award. Even then, average DOFS farmers in the area it stood on cash crops, apart from the gross premium organically grown rice fetches in the market. I found DOFS then to have earned the farmer significantly higher net income per hectare (up to P50,000 more). Moreover, farmers' households benefit from a more balanced, regular, nutritious diet, thereby reducing their dependence on trader lenders who have take advantage by paying lower prices for the food harvest. Daily DOFS adopter Ailing Loma Ellevano and her husband Ming Lasbe avowed that they had not incurred new debts since practicing DOFS, and were able to finally paying off previously incurred ones. Organic farming had effectively liberated them from debt.

Now I know what I'll probably do when I retire. My cousin Joy Abellon and Gen. Ming Lorna and Ming Dado have effectively secured my farm to give would be the soil—whether material or beyond.

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Of gardens, traffic and saviors

AT LARGE

Rina Jimenez-David

THERE is a new "weekend garden" in the biggest luxury's facilities in Alfonso, Cavite, located just behind the "Gazebo-ree" pavilion for weddings and big parties; it is...says resident gardener Ramyel Garcia, designed to be "the place for proposals."

Only one couple at a time may use the "weekend garden," which overlooks a pool, huge tree bowls and pots of orchids. A table for two, covered with a white lace tablecloth and set with a tea time setting in Sonya's gourmet "shabby chic" style, stands in one corner. In the other corner, a "love station," in a directional one to white linens. "This is the place for the proposal," says Sonya, "and I guarantee you, no one can say 'no' in this setting."

Once, an actress-cousin even hired a string quartet to serenade her fiancé on the day he arrived in Manila; since the minutes the pair crossed the secured garden. "No one can say 'no' after such preparations," concludes Sonya. "But the girl can always change her mind once they hear her."

Those may be my guesses, since I have overlooked, you, but it doesn't have to provide the right setting for its blossoming and beginning. "Happy ever after," or "happy even after" takes more time and effort.

Maybe that explains the huge crowd that converged at Sonya's that Black Saturday afternoon when we came to visit the second garden. Despite signs explaining that Sonya's garden "is not a public park" and is open only to paying guests, diners and customers, the "Garden Party" that Sonya and customers were "sure" came in droves, paying for parties at the many schools and city nooks that dot the estate, and exploring the gardens and paths that would take you through the cottages and pavilions.

So did we. The weekend that Holy Week that Sonya herself was down out of house and home, giving way for guests even in her personal living space, turned she camped out in the smallest cottage, the original retreat she had built in the 1990s when she first took up residence in Barangay Inchican.

* * *

THIS was where she entertained us for merienda, a leisurely meandering affair that took many hours and many additions to the menu, from pasta to chicken to fish, dog of beans and Lomi. Our Church, then after-supper conversation soaring, although you will find, while you take those back roads, an awful lack of directional signs, which almost guarantees your losing your way.

I wonder what Tagaytay officials—along with LGU managers in surrounding towns like Silang, Mendez and Alfonso—plan to do about the traffic situation. I mean, if a very popular and accessible tourist destination like Tagaytay is to continue to be a weekend getaway for folks (especially MMDA Chair Francis Tolentino who was formerly Tagaytay mayor and whose brother Bambol is the present mayor) is allowed to deteriorate because of horrible traffic conditions, how will others fare in the future?

If no steps to meet our fairly ambitious targets gain pull 20 to, we need to work immediately on the infrastructure that will guarantee the arrival of tourists and their accessibility to sites both popular and yet undiscovered. But if even Tagaytay—as one to Manila, as popular among foreigners and locals alike—is neglected, how will more remote and not known destinations fare?

* * *

BUSINESS as MIXED officials, though, they deemed they cannot for travelers, even outside of their jurisdiction by fielding roadside assistance teams along most expressways and routes patrolled by motorcyclists.

Be prepared, though, to have an MMDA team stationed in Tagaytay this last Holy Week because we ourselves faced a road emergency shortly after our arrival.

Many thanks to Edward Gonzales, head of the MMDA Road Emergency Group, who responded promptly and eagerly to our call for help in (an our stalled vehicle from Alfonso. His team, consisting of Gilbert Trinidad, Dennis Baguio, Reginald Medina, Jonathan de Leon and Roberto Clemente, were quite professional, extending assistance above and beyond the call of duty.

To all who extended help—you know who you are—you made us realize the reality of Easter, filling our hearts with gratitude and joy.

The 'Persian Knot'

WORLD VIEW

Joschka Fischer

BERLIN—Till negotiations between Iran and the five permanent members of the United Nations Security Council, plus Germany, over Iran's nuclear program are entering a new, and probably decisive, stage. The negotiations have been going on for almost a decade, with long interruptions, and whether a breakthrough will come this time is anyone's guess. But the situation has never been as serious as it is today, and peace hangs in the balance.

After the recent visits by Israeli Prime Minister Benjamin Netanyahu to Washington DC, and by Turkish Prime Minister Recep Tayyip Erdogan to Tehran, a foggy situation is nonetheless becoming clearer. The core issue for other countries, and for Barack Obama, has now come to be drawing a line to the sand—the start of an explicit Iranian nuclear weapon program—and by asserting Israel of America's readiness for military action should negotiations fail.

Moreover, in view of the danger of a military confrontation, the United States, together with Europe and other partners, has implemented tough new "smart" sanctions aimed at Iran's oil exports—its main source of income—while largely isolating the Islamic Republic from the international payment system. Iran urgently needs the oil revenues and, without participation in the payment system, its international trade is grinding to a halt. Entire transactions and automobile trade are not a viable alternative. In Iran's economy is being choked to the core.

Furthermore, the United States seems to have convinced Israel that the current window of opportunity for the situation and its circumstances to the Iranian leadership on various channels. So, if this round of negotiations, too, should fail, a great—and evidently foreseeable—tragedy could begin to unfold.

The good news is that all of the parties involved seem to be aware of this. They should keep official minds on a serious negotiation process and a diplomatic solution. Moreover, it should be clear soon enough whether Iran is serious about a compromise this time, because there are serious developments

The current of such a compromise is more or less clear: acceptance of low-grade uranium enrichment by Iran for (unconditive) purposes, and unlimited and verifiable safeguards, such report of low-grade uranium enrichment by Iran for (unconditive) and stronger and more extensive inspection rights for the International Atomic Energy Agency inside Iran. For example, the IAEA would gain access to previously denied Iranian nuclear facilities.

Of course, a compromise would not address the international community's behavior and ambitions—a center of shared angst for Israel and the Arab Gulf states, first and foremost Saudi Arabia. But with no one seriously prepared to go to war for regime change in Iran, particularly after the devastating misadventure in Iraq, no one should weigh down the negotiations with futile expectations.

This applies equally to Iran, where some influential people still think that the United States can be forced out of the Middle East, and that the entire spin can be changed to benefit Iran as the region's hegemonic power. This illusion, as Iran does not want to hear, is dangerous. Iran, would not seriously pursued only at an unbelievably high risk of war and regional chaos.

Other significant factors will play an important role in deciding the outcome of these negotiations. The first concerns Iranian domestic politics and the ongoing power struggle within the regime—a struggle that would be resolved by diplomatic solutions more before, because neither conservatives nor reformers were willing to afford President Mahmoud Ahmadinejad a diplomatic triumph. One can only hope that, in view of the seriousness of the situation, this issue to father will be closed off.

Developments in Syria, Iran's last remaining ally in the region, are equally likely to play a role. The fall of President Bashar al-Assad's regime would amount to a strategic debacle for Iran, which would then be faced by a united front of Arab states and Turkey. Iran would then find itself isolated, in a way by Israel, Iran would then find itself isolated, in a way by Israel, Iran would then find itself isolated, in a way by Israel,

Inefficient contractors

LETTERS

If it's not fun in the Philippines if you're a motorist in the highways of Davao, Bukidnon, Davao Cotabato or Sarangani provinces, especially if there's traffic and being marooned and "requested" by passing new concrete into the "reservations."

By the manner the repair/reconstruction work is being done, it is obvious that the contractors do not refer here anymore to the riding public, the term and the unwanted but be long hours of vehicular waiting for their cool or pass the only open lanes which connect after the opposite traffic has passed through. These inconvenient, repair or whatever nuisances are being simultaneously undertaken, and the public will have to wait for some time to be able to set these stretches of roads again because the new ones are not the kind that dries up fast.

Traveling on the well-maintained road between Compostela Valley and Davao province takes only three to four hours; however, between Mati and Cateel, it takes four hours because of the ongoing road work, between Dahican and Cagwait, in the Dec, Boston, and between Cagwait and Tagbo, which is about 7th kilometers, there is four hours because of heavy vehicular traffic for hundreds of hours.

Last March 31, after a heavy downpour, a tremendous traffic gridlock occurred on a stretch of the Bukidnon-Cagayan de Oro highway before Malaybalay. The gridlock extended back to more than 15 km, stranding commuters and passengers for more than two hours, before it was untangled.

My observation of the motorists: There are making a long time to wait, the land that dries up fast.

The contractors should provide well-maintained detour roads. They should pass efficient and dedicated traffic control people at each end of the construction projects, with adequate traffic lights and communication facilities for better coordination.

The contractors should be more efficient in upgrading roads, e.g., by using quick-drying mix. The DPWH people should closely monitor these activities/projects. The common observation is, roads constructed by foreign firms like Hazel and Sinohan are better built and more durable than those built by Filipino contractors. To see it is to believe. Travel on the roads that Filipinos only seem to have built.

—BR. ELIA APOSTOLES, elvigo@yahoo.ca@yahoo.com

Focused on personal attacks, not on legal issues

THE FEATURE on Rihada Bantas Bildner's libelous letters, which was published as of the Feb. 21 issue of the Inquirer.

Much as I do not want to dignify the letter's gutter allegations, I am compelled to address its malicious misrepresentations. Instead of focusing on legal issues, personal assaults were made against me to bolster Bildner's claims of representing the Philippine companies.

The letter did not deny the Court of Appeals decision which declared that Bildner's group has no authority to represent Philtoxin Holdings Corp. Bildner also attempted to belittle the order, dated Aug. 20, 2008, of the Securities and Exchange Commission, which upheld our stockholders' meetings of Philippine Overseas Telecommunications Corp. (POTC) and Philcomsat and the election of our board.

The Court of Appeals has already dismissed the petition filed by Bildner's group to challenge our meetings and elections. Also, on the issue that the Court of Appeals dismissed their petition, the Supreme Court, decision in GR No. 141756 (not 171565) had already been promulgated. Clearly, the Court's decision does not affect the validity of our board's elections in 2008, in accordance with company by-laws.

The Court itself dismissed Bildner's "forbidden" petition in 2008, and the groups for her group can be declared "Enjoined" based on the decision in GR No. 141756. It is only our legitimate board that can call any meetings of the Philcomsat companies.

As OIC chair and representative, our actions are pursuant to the board's decisions. I am a duly authorized signatory of PHC, but it is absurd to claim that the checks I sign are used for my personally. PHC funds are spent for legitimate business and company-approved expenses.

The issuance of the Toyota Camry is irrelevant. I did not attack or abandon the car; it was Bildner's claim. Hiyas Savings, who supposedly auctioned the Toyota dealer to prevent me from claiming the car, Bildner's group is obviously harassing me as I would abandon the legal actions involving Philcomsat.

The Office of the President is being misled and intimidated on the issues involving Philcomsat. Bildner's group was able to forcibly take over company premises, disallowing even the regular nurse of the Business Semidhead, and the issues of extortion, kidnapping, hi-dollation, etc. in sending those cases. The incident in Bukit Panorama, in fact, exonerates Bildner's unprincipled acts toward her own partners and siblings. Gentlemen with her courtesy, due to launching slanderous attacks against me in the media instead of allowing legal matters to be resolved by the courts.

Such strategies should not be used to harass stockholders, such as myself, who have every right to protect our interest. The Publisher should never sponsored. My accounting others to stand by the legitimacy of our board, made in good faith, should be respected.

—EDUARDO S. PERLAS III, chair, Philcomsat Holdings Corp.; vice president, POTC and Philcomsat

This is the last letter to be published by the Inquirer on any Philcomsat-related issue.—Ed.

So, must the unelected speak for UP students, youth?

NUMBERS DON'T lie, but they're prone to misinterpretation. I refer to Hilary Espina de Tabada's letter, (Inquirer, 4/2/12) Tabada, a UP Diliman student like us, claimed that Iman Dito does not speak for UP students since she was elected "by a mere 27.02 percent" of the constituency in last Tuesday's student council (USC) polls. Tabada's logic is flawed.

She did not take into account the voter turnout in the election. Out of the more than 22,000 students enrolled last semester, 11,249 or just 48.51 percent voted. If less than half of UP students took part in the polls, how could a candidate realistically obtain the majority vote to claim a mandate? Perhaps Tabada should ask her own Dito does not have the "strong mandate" necessary to lead UP Diliman students and represent their interests? In case Tabada does not know, garnering a majority vote is not a requirement to do this.

On another note, I wonder how Tabada's list came to the conclusion that he speaks for the youth who are against the RH bill and for the rest of their generation who do not know that it's their future that's at stake? Is he a representative of the youth or, to borrow his own words, am I just listening to his personal views?

I happened to be present in the press conference where Dito, R. Tejano of the Student Council Alliance of the Philippines and other student leaders presented their support for the reproductive health bill. They pointed out that reproductive health issues are indeed affecting the youth.

According to figures from the National Epidemiology Center, 704 or 10 percent of the 2,349 new cases of HIV reported in 2011 came from the 15-24 age group. That being said, I challenge Tabada to explain how "a tremendously vast for the RH bill is a war against the youth." And, how exactly does he want student leaders to "speak their views, too"? Is he implying that they should avoid taking a definite stand on this issue? It is foolish to imply that one person can represent the views of all of his/her constituents.

And, while Tabada is challenging Dito's authority to speak on behalf of UP students because she didn't get more than 50 percent of all the votes in the last elections, more and more students are being vocal giving birth, as Inquirer-Mindanao Uy lamented last Feb. 15. There are bigger issues to debate on, right?

—MARK PERE MARMOL, www.rightwellbeing.wordpress.com

UP BABAYLAN and supporters, led by Dito, making a statement with a pride march in UP Diliman

Sand and gravel stores cluttering up QC's sidewalks

I'M JUST wondering if no government agency combed with cleaning up the dirt left on sidewalks by gravel and sand stores in Mercedes Manila. When I go around Barrio Obrero in Tondo, Binondo, and Congressional Avenue), I see sidewalks that are littered with stones and sand from these stores, of which there are many in the area.

The stores occupy only a portion of the sidewalk, for instance, leaving gravel and sand (which can fog pile many times in a day) on a truck parked in front of the store, along the sidewalk. The gravel and sand leftovers then fall off during the loading and put left on the sidewalk, when the store can easily use a broom or shovel to clean up in mere minutes. Why doesn't the owner of the stores doing this dumping. Then, the laws is just there, and when the rain or strong wind come, gravel and sand fall into the drainage, further adding to the silt which is one of the causes of floods.

I hope that government officials, even in the barangay level, can look into this non-environment friendly practice of gravel and sand stores.

—MICA Silo, mcfer@yahoo.com

Government spells out safety precautions

By DJ Yap
and Dona Z. Pazzibugan

IF DEBRIS from North Korea's rocket falls in your area, don't touch it. Instead, call the fire department immediately.

Interior Secretary Jesse M. Robredo gave this and other instructions to northern Luzon governors, mayors and village chiefs yesterday as part of the government's precautions against North Korea's planned rocket launch this month.

Following the lead of the National Disaster Risk Reduction and Management Council (NDRRMC), Robredo called on local officials to be alert throughout the five-day timeframe which North Korea plans to launch the rocket.

Robredo instructed them to take precautions against dangers, such as debris from the rocket falling within Philippine territory.

"Considering that the debris of the missile that might fall in Philippine territory you are hereby directed to take all precautionary measures to prevent loss of lives and property," Robredo said in a directive to local officials in Regions I, II, III, IV-A, V and the Cordillera Administrative Region, which the NDRRMC said were vulnerable as they were in the projected path of the rocket.

North Korea plans to launch the rocket between April 12 and 16.

Robredo also instructed the local officials to coordinate with the Coast Guard, the Bureau of Fire Protection, the Navy, the Philippine National Police, the Civil Defense, other agencies, for one emergency.

He told the officials to advise fisherfolk not to go out to sea during the launch period.

Ignoring international calls for it to cancel, Pyongyang insists the launch, claiming it is putting a weather satellite into orbit. But the United States and its allies believe North Korea is testing an intercontinental ballistic missile, in violation of UN sanctions.

The Philippines is one of the countries in the path of the rocket. In an emergency meeting on April 2, the NDRRMC identified areas on the eastern seaboard of Luzon that are in the path of the rocket, which could break up in flight and shower debris over areas below.

In his directive, Robredo advised the public to call the fire department if rocket debris falls in their areas. He said firefighters had training for such situations.

Robredo stressed that people should not touch the debris.

The Philippine Institute for Seismology (PHIVOLCS) of the Department of Science and Technology has people and equipment to assist local governments to assess where debris may fall, he said.

As part of the precautions, the NDRRMC had declared a "no-fly zone" and urged ships and fishing boats to avoid areas in northern Luzon where debris may fall.

Meanwhile, NDRRMC Executive Director Benito Ramos advised yesterday that the PNRI, contrary to a posting on his agency's website, did not issue an advisory to the public to stay indoors from April 12 to 16. The advisory came from the NDRRMC, Ramos said.

The PNRI had denied issuing the advisory and said it can not threat of radioactivity from falling rocket debris.

Ramos said he was worried about debris crashing on land. He explained that the rocket could veer off its projected path and fly over Philippine territory. He noted that Japan and South Korea had announced that they would shoot down the rocket if it entered their airspace.

"From 47 kilometers by sea down it will reach land in northern Luzon," Ramos said. "So any unknown. That's all we can advise at this time."

Since if the rocket disintegrates, we do not know how big or small the debris will be," Ramos said. "It will all be misguided, meaning it's to whom it may concern."

Ramos said those who should stay indoors are the residents of Itbayat, Batanes and Santa Ana towns in Cagayan; Palanan, Maconacon, Divilacan and Dinapigue towns in Isabela; Casiguran, Dilasag, Dinalungan, Baler and Dingalan in Aurora; Real, Infanta and General Nakar in Quezon; as well as residents of Camarines Norte and Camarines Sur.

Ramos said he would rather stay indoors. That's all we can advise at this time."

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(CLOSE-UP) Workers in the Cordon 1 (Philippine Space 1) rocket as it sits on a launch pad at the West Sea Satellite Launch Site, during a guided media tour by North Korean authorities in the northwest of Pyongyang in this photo taken by Kyodo on April 8.

Let big boys deal with Nokor rocket launch, JPE tells gov't

By Michael Lim Ubac

PLAYING down threats to the Philippines from a North Korean rocket launch, Senate President Juan Ponce Enrile said yesterday that the country is in no position to meddle with the launch planned for mid-April.

Enrile, in effect, cautioned Chi Aquino administration against talking too much about North Korea's space and nuclear programs.

President Aquino announced on Tuesday that his government was preparing for anything that may happen if North Korea proceeded with the launch. It is feared that debris from the rocket would fall in Philippine territory, possibly in waters off Aurora province.

An appliances MS Aquino said the preparations included asking help from experts from the United States and Japan who could help with the countdown if they would help.

North Korea plans to launch the rocket between April 12 and 16.

Without naming the President, Enrile said it was best for Malacañang to leave dealing with the rocket launch to big regional and global powers.

"Of course, we're against it," Enrile said in an interview with dzBB radio. "You won't be happy that your neighbor would be exploding a missile in your direction. But we don't have the capability to prevent it. What can we explode, fireworks?"

Enrile rejected proposals for a Senate inquiry into the rocket launch. "No need for that," Enrile said. "What can the Senate do if Korea launches [a] missile? Let's leave that issue to the Japanese, Koreans and interests."

The rocket launch, Enrile said, should be a concern for North Korea's neighbors like Japan, China and South Korea, and for the United States which believes the launch is a test for an intercontinental ballistic missile that can reach the US mainland.

Enrile said the launch was a warning to those countries that North Korea, although a small, impoverished nation, had the capability to inflict lethal, large-scale damage on its enemies.

Enrile also said he believed North Korean nuclear scientists had carefully calculated the rocket's trajectory so that debris would not fall in populated areas.

"I think [debris will] not fall on us," Enrile said. "Although they say North Korea is backward, its rocket science... are not foolish."

Also yesterday, Philippine Airlines (PAL) said it would change the flight paths of several planes to avoid the rocket debris.

PAL said a dozen of its flights from the United States, Japan and South Korea would fly safely away from the rocket's possible path to protect passengers.

The Philippine flag carrier said it had no plans to cancel any flights. With a report from AP

Journalists allowed to view Nokor rocket

From page A1

South Korea and the United States say it is a test of ballistic missile. And although the risk of it coming off course is low, guidance remains its weakest point.

In a rare move, reporters were taken to the country's launch station, close to the border with China, where work was in progress to ready the 30-meter high Unha-3 rocket and its satellite.

The three-stage rocket was on the launch platform, indicating the launch would go ahead on plan between April 12-16.

Supreme Commander Kim Jong-un made a very bold decision, that is why you are all, invited to be the ones in the launch site," vice chairman Jang Myong-jin told visiting foreign journalists on Sunday.

North Korea announced plans to launch the satellite, beating today's occasion with the 100th birthday celebrations of its founder Kim Il-sung, a move that would help cement the prestige of his grandson Kim Jong-un, who took power in December.

The second stage booster is planned to separate in the waters off the west of the Philippines, about 3,000 kilometers (1,800 miles) from the launch site, and expensive that represents the first possible landfall for the rocket if things go wrong.

If North Korea does achieve a successful separation of the third stage—something it says it achieved in 2009, but most experts say failed to put a powerful satellite into orbit—this would show it had improved its technology and the capacity to produce a missile that could carry an intercontinental-ranged warhead.

Pyongyang has also defied its launch site, and the new, more sophisticated site on the west of the Korean peninsula, produce the risk of debris falling on Japan, which sent its warplanes to a previous non-launch of a missile.

This launch will take the rocket down the west coast of the Korean peninsula. Japan, which kept a report of a 2009 firing over its territory, has put its missile batteries on alert to shoot the rocket down.

"They have come pretty far on the question of range, but they still need a lot to resolve in the precision technology needed for [warhead] reentry and guidance," a South Korean military official who spoke on condition of anonymity said.

The Unha-3 is likely the same three-stage liquid-fueled ballistic missile the North fired in 2009 over Japan, which eventually splashed down after a 3,000-km flight, military experts in South Korea said.

The new rocket is believed to have a design range of more than 6,500 km (4,160 miles), and can carry a payload of up to 1,000 kilograms.

At an closest point, Alaska in the United States is about 5,000 km from North Korea.

The launch will be the first at the Sohae rocket station, construction of which began in 2007. It is a large, sophisticated facility with specialized assembly and transport, according to analysts from military specialist consultancy IHS Jane's Defense Weekly.

Little risk

While most international observers doubt that the Unha-3 rocket launched in 2009 managed to put a satellite into orbit, four experts believe there is a high risk the Unha-3 will land on a densely populated urban area.

The biggest risks are a massive failure of the guidance system that can send the rocket north over China, the North's most political and economic backer, or the destruct mechanism not functioning if it does veer off course, said Markus Schiller from Schneider-Technologie in Munich, an expert on North Korean missile systems.

"There always is a residual risk, of course, that something might go wrong and lead to an unseen disaster ... but this risk is very low, actually approaching zero," Schiller said in an e-mailed response to questions. "It's far more likely that the rocket will fail to achieve orbit."

The launch site is located 10 km (26 miles) from North Korea's border with China.

"The worst case scenario is if it runs into China or South Korea if the rocket goes out of control," said an expert on rocket technology at a South Korean state-run research institute, who spoke on condition of anonymity due to the sensitivity of the issue.

While North Korea's 23 million people live in poverty and many are at risk of malnutrition, the campaign of developing rocket technology and nuclear weapons capacity is the most important issue for Pyongyang, which sees it as a deterrent against invasion.

Third test

The North is believed to have stockpiled enough fissile material to manufacture up to 10 nuclear bombs and South Korea's Yonhap news agency said on Sunday it was preparing for a third nuclear test.

Government officials in South Korea have calculated the North is spending $70 million on the launch.

"I believe North Korea is developing many technologies related to missiles—technologies to overcome re-entry, the heat and shock when returning the atmosphere and so the miniaturization of nuclear bombs," the South Korean rocket expert said. Reuters

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Gringo running under 'unity slate'

By Michael Lim Ubac

BOHOLANDIA: a "unity slate" for the 2013 midterm elections, rocked only by Gringo Honasan, said yesterday that he would be running on the senatorial slate being formed by Vice President Jejomar Binay and former President Joseph Estrada.

In a phone interview, Honasan said he was "happy" that he and the Vice President shared his advocacies.

"I've been independent. If political parties and coalitions adopt me, I would be happy," said Honasan, disclosing that he and Binay talked last month on political lineups and coalition building ahead of the senatorial race.

"We welcome the offer (to join the Binay slate). We believe in the same advocacies—overseas Filipino workers, poverty alleviation, housing and youth," said Honasan.

However, the outspoken senator was quick to clarify that his entry into the United Nationalist Alliance (UNA) was not indicative of his vote on the impeachment trial of Chief Justice Renato Corona.

"It will hurt. I'm sure the Vice President is very well aware of that. The people of the senatorial polls will have very little bearing on the coming elections in 2013," he said.

The Vice President may have qualms about the removal of Corona from the high bench since it would entail a changing of the guard in the Presidential Electoral Tribunal (PET), which the Chief Justice chairs.

Binay's narrow lead (720,000 votes) over former Sen. Mar Roxas in the vice presidential election in 2010 is now the subject of an electoral protest lodged by the latter with PET.

Roxas, now transportation and communications secretary, was President Aquino's running mate, while Binay ran as tandem with Estrada during the last elections.

Other reinstituted senators set to be part of the UNA ticket are Senators Aquilino Pimentel III (Partido Demokratiko Pilipino-Lakas ng Bayan), Juan Ponce Enrile (Partido ng Masang Pilipino) and Francis Escudero (Independent).

Senators Loren Legarda (Nacionalista People's Coalition) and Alan Peter Cayetano (Nacionalista Party) are being courted, as well, while Sen. Antonio Trillanes IV, ally of President Aquino, will run on the Liberal Party senatorial ticket.

Fears aired coco fund would go to Luisita

From page A1

organization of coconut farmers, Espina, said House Bill No. 3443 filed by Bukidnon Rep. Rafael Mariano would wrest control of the funds from Sen. Miguel Coz. chair Eduardo Cojuangco, the Philippine Coconut Authority, the Philippine Coconut Producers Federation (Philcofed) and the Philippine Coconut Authority.

Familiar measures are pending in the Senate.

"If the President is really serious in restoring the farmers to its rightful owners, all he has to do is command Congress to enact the small coconut farmers' trust fund bill," said KMP deputy secretary general Willy Marbella in a joint statement yesterday.

"Declaring the coco levy funds as public funds and setting up a small coconut farmers' trust fund through HB 3443 is still the best option to free the funds from the control of the President's allies," Marbella said.

Budget Secretary Florencio Abad and Administrator Euclideo G. Forbes of the Philippine Coconut Authority (PCA) earlier said Malacañang could not access or encounter under Executive Order 179, issued in 1987 by then President Corazon Aquino, which created the Presidential Commission on Good Government (PCGG) to recover ill-gotten wealth of the Marcoses.

Abad said the government has billions of pesos in the PCA alone for use in the modernization of the coconut industry pending the court's resolution of the case.

Marbella admitted that he did not expect Mr. Aquino to certify HB 3443 as urgent, saying "Malacañang has a different agenda on the coco levy funds."

He cited the statement last week by the National Anti-Poverty Commission (NAPC) that the funds would be used for a so-called antipoverty road map which included "agrarian reform, agro-enterprise development and social protections."

Hacienda Luisita

The Aquino administration, in preparation for a favorable ruling on the coco levy funds, is thinking of using the money to rehabilitate the coconut industry and ease the blow of some 3.2 million coconut farmers and their families comprising a quarter of the country's population described as the "poorest of the poor."

KMP and Bagsakan have opposed the plan.

"The Malacañang-NAPC agenda on the coco levy funds is now set: in the open, and that is to use the money as payment for the lands of big landlords like Hacienda Luisita of the President's family," Marbella said.

He cited reports that following the unanimous decision of the Supreme Court last Nov. 22 ruling for the distribution of the 6,296-hectare Hacienda Luisita to its 6,000 farm workers, the Cojuangco-Aquino family was asking the state for P16 billion as "just compensation" for its sugar plantation.

"Using our money to pay landlords is an added insult to the injury inflicted by the government to small coconut farmers," Marbella said.

'Sham' agrarian reform

TNNPC Secretary Joel Rocamora should be the first to know that the coco levy funds cannot be used for the government's Sham Carper (Comprehensive Agrarian Reform Program), for payments of so-called just compensation to big landlords, for graft-ridden support services and to finance agri-businesses under the guise of agro-enterprise development," he said.

"Using the coco levy funds for the agri-peasant Carper is highly unacceptable to small coconut farmers. The Aquino government is only inviting small coconut farmers to tie-up," Marbella said.

"We cannot entrust our money to Aquino's hacienda's regime and its cronies who don't even know how to climb a coconut tree."

The 700 million SMC shares of stocks comprising 24 percent of the highly diversified food and beverage giant were acquired in 1983 using proceeds of a coconut levy collected for nine years during the Ferdinand Marcos dictatorship. The shares were sequestered following the ouster of Marcos in 1986 and an investigation into alleged ill-gotten wealth of the deposed and his cronies.

In January, the court ruled that the shares belonged to the government, which now must use the funds for the benefit of the farmers beset by poor harvests as a result of aging trees, lack of fertilizers and the impact of climate change.

Hands are tied

Interests and dividends on the fund are deposited in the state-operated United Coconut Planters Bank (UCPB), which has a history of granting questionable loans to San Miguel. In 2009, the financially troubled UCPB secured a P10-billion rehabilitation package from the government.

Recovered ill-gotten wealth of the Marcos and his associates under the law are to be used to fund the agrarian reform program. Since the investigations were conducted, the PCGG had recovered P93.3 billion in alleged illegally acquired assets of the Marcoses and their cronies.

Incumbent, in a phone interview yesterday said the government had no choice but to defer any action on the ownership of the coco levy funds. Echoing the position of Abad and Forbes, he said the Aquino administration's hands are tied until the Supreme Court decides on the issue with finality.

"It can't move until the Supreme Court makes a final decision," Rocamora said.

He also stressed that the money from the coco levy funds would not be used for the constitutional-mandated agrarian reform dole-outs and or outright dole that could benefit beneficiaries from poverty in the long run. The plan of the government is to funnel it back to farmers and coconut growing regions, Rocamora said. With reports from Delfin T. Mallari Jr., Inquirer Southern Luzon

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THE NIGHT LIVES ON The RMS Balmoral (left) leaves Southampton, England, on Sunday for a cruise in the Atlantic that commemorates the 100th anniversary of the sinking of the RMS Titanic (right). The Balmoral carries 1,500 passengers—the same number as the Titanic—and follows the same route up to the site in the Atlantic where the Titanic sank after hitting an iceberg on the night of April 14, 1912. —

Cruise ship to retrace tragic voyage of Titanic

From page A1

Waving passengers crowded the decks as the Balmoral prepared to set sail, many dressed in period costumes as first-class passengers, crew members, steerage passengers and stewards.

The Titanic was considered unsinkable but foundered in frigid Atlantic waters off Newfoundland on April 15, 1912, after striking an iceberg. Around 700 people were rescued from there were too few lifeboats to save the rest.

The world's most famous maritime disaster has fascinated people ever since, explaining why passengers from 28 countries were prepared to pay a large amount each for a passenger spot on the memorial cruise organized by a British travel firm.

The ribbon varied in cost from 2,795 pounds ($4,440, or P200,000) to 3,995 pounds ($6,520, or about P300,000).

The passengers included relatives of the survivors and victims, along with authors and historians.

Unbelievable sight

Passenger Jane Allen, whose grandmother lived in her hometown city on the Titanic while her great-aunt survived, said she could not think it was "plausible or manifest" to go on the voyage.

"I've been to World War I and II somewhere in various places across the world and I think it is always important to remember. The people here on the Titanic died in very different circumstances but it was still quite cruel. Horrible what happened that night," she told the BBC.

Allen said her great-aunt and uncle left on the Titanic from their honeymoon. The aunt survived aboard one of the lifeboats, but her uncle stayed on board and was among those who died.

They came to remember

Graham Farr was dressed as an Edwardian gentleman and described his excitement as he awaited to board.

"I have been a fan of the Titanic since I was nine years old and this cruise is the closest you are going to get to it," said the 27 year old.

"We are not here to mock. We are here to inspire and remember those who were unfortunately lost. I think it's going to be emotional when we get above the wreck site and have the service."

Fellow cruiser Carmel Shailhaus, 53, who lives in Australia, described herself as "fascinated" about the Titanic and struck back at newspaper articles criticizing the tragic voyage was in poor taste.

"I don't think the cruise is morbid. It's like saying Gallipoli is morbid or anniversarying the war," she said. "Remembering those who died is not morbid."

Tribute to the musicians

With 1,309 passengers aboard, the Balmoral will follow the same route as the Titanic—though the Balmoral had to leave two days earlier than the Titanic did because it is a small and slower vessel.

The Balmoral is operated by Fred. Olsen Cruise Lines, whose parent company Richard and Wolff, built the Titanic in Belfast. It has been chartered for the event by Hilda Morgan Travel, which specializes in tailor-made holidays.

The organizers are trying to recreate the first-class experience on the ship, down—including the food and other band playing music from that era, in tribute to Titanic's musicians who reportedly played their instruments until the ship sank.

Over the course of the voyage, passengers will attend lectures by Titanic experts such as Philip Littlejohn, grandson of a Titanic survivor. Littlejohn said he was sure his grandfather would be proud to know his story would be shared with passengers on the cruise.

"It will be an emotional moment when we are over the wreck site, where I lived in 2001 and where my grandfather left Titanic wearing Lifeboat 13," he said.

11:40 p.m. service

While onboard, passengers also will dine on meals based around dishes served in April 1912, with a formal dinner on April 13 made up entirely of dishes served aboard the Titanic.

Cruise organizers have set up a special memorial service on April 14 to start at 12:40 p.m. to mark the moment Titanic hit the iceberg, and later at the exact moment when the ship sank.

The cruise is among an abundance of memorials and memorabilia to the ship that have sprung up in coincide with the 100th anniversary of the Titanic's sinking.

A 53 remained James Cameron's 1997 blockbuster movie "Titanic" has just been released in cinemas in 3D with the centenary of the sinking of the historic liner.

Cruise organizer Hilda Morgan said it was a "very, very special cruise," especially for the relatives of those who died.

"This cruise has been five years in the making and every step of the way we have sought to make it authentic to the era and a sympathetic memorial to the passengers and crew who lost their lives," he said.

A century after the Titanic sank, Belfast is undergoing an urban renaissance as the iconic ship is put the city that built it back on the map.

The Northern Irish capital hopes to entice holidaymakers to spend time—and, crucially, money—in the British province. It is targeting the booming Asian market and hopes the enduring appeal of the Titanic "brand" will lure foreigners from the London tourist trap.

Pride of Belfast

Where the Titanic was built, it was a symbol of the city's prowess. But after it sank on April 15, 1912, Belfast went silent about the liner.

"It was the largest vessel in the world from the biggest shipyard in the world. It was the pride of Belfast, with all those attributes and then it goes into it," said Stephen Cameron, cofounder of the Belfast Titanic Society.

When reports of the disaster came through, "grown men were seen standing crying in the street. Those guys had worked on the ship for years and couldn't believe what they saw," the author of "Titanic Belfast's Own" told AFP.

But in those days, people were not encouraged to dwell on the disaster.

"Those were the values of the time. 'Get more on and we don't talk about that any more'," Cameron said. —Reports from AP, Reuters and AFP

HEAD ALL ABOUT IT A child poses with a memorial newspaper in the departure lounge of the MS Balmoral in Southampton, England. —

P-Noy assures war vets of better health services

From page A1

provincial commander, making it easy for the veterans to access medical benefits.

"The more veterans can overcome and I believe we should help pay their sacrifices by caring for them," he said.

Col. Roberto Gaoaguas, 65, a war veteran from La Union province, urged the Aquino administration not to ignore the plight of the war veterans.

"It seems that the government has been slowly forgetting what we did during the war. We hope that our benefits will be increased ... We will not live long and we hope that during the remaining years of our lives, we get to feel our true worth," Gaoaguas, who heads the Confederation of World War II Veterans' Sons and Daughters Inc., said.

"If it had not been for our sacrifices, the youth will not experience the freedom they are enjoying today," he said.

Veterans' welfare

According to 90 Aquino, PhilSCA has been subsidizing services for cataract surgery, coronary angioplasty procedures and routine hygiene operations.

The President again drew applause when he cited the direct remittance servicing system of the Philippine Veterans Bank Office (PVBO), which is done through the banks or automated teller machines. This has enabled war veterans to receive their pensions faster and in correct amounts, he said.

The system, he said, has also been purged, enabling government to generate savings that are used to support more pensioners, he said.

Ernesto Carolina, the PVAO administrator, said the House committee on veterans affairs had approved an increase in the old-age pension from P5,000 to P10,000, with an increase of P1,000 a year for the next five years.

A bill is also pending in Congress seeking to increase the burial assistance from P10,000 to P30,000.

Carolina said the PVAO had paid P4 billion to eligible pensioners, with the funds coming from the savings made from the purging of illegal claimants.

He said the hospitalization benefits in PVAO-accredited hospitals had been doubled to P800 for a maximum of 15 days. The PVAO also pays for the premium of veterans' membership in the Philippine Health Insurance Corp.

Pensions for old age, disability and death are paid to nearly 250,000 veterans, their spouses and dependents, he said.

Lydia Bauzet, deputy chief of mission of the United States Embassy said that in the past two years, more than 18,000 Filipino veterans had received a total of $220 million from the US government's Filipino Veterans Equity Compensation Program.

Modern military

The President told the war veterans that his administration was working to fully upgrade the capacity of the AFP.

"What we seem to fear should the situation turn into a conflict, we are able to give a fight," he said in Filipino.

He then encouraged the latest purchases for the AFP: a Hamilton class cutter renamed as BRP Gregorio del Pilar, and two combat utility helicopters.

At least 138 projects under the defense acquisition system are scheduled for completion within five years, he said.

Good governance

Mr. Aquino said those are being done because of the good governance of his administration, adding that "integrity and honor ranks in progress that benefit our people."

"I know that the morale of government troops is high not only because of housing or combat allowance but also because they know that we have removed the culture of corruption in the (AFP) leadership," he said.

Mr. Aquino began his speech with tough-to-ignore cheers commemorable President Manuel Quezon and Gen. Douglas MacArthur, the American general and commander of US forces in the Philippines and Southeast Asia.

"I am greatly reassured as well regarding all the soldiers I have talked to the sailors and officers now manning the firing line. I want to dwindle in my own mind whether there is just fifteen, or is it fifteen, fifty-three soldiers to be killed, when for the final outcome of the war the shedding of their blood may be wholly unnecessary," he said, quoting Quezon.

"It is no joke being responsible for the lives of thousands, millions of your countrymen. President Quezon might have added himself: What is at stake? Is the satellite worth it?" Mr. Aquino said.

He said he did not want the lives of those, "who in the name of our determination to strength, or our armed forces," he said.

"All that we have been doing now is lay the groundwork for reforms, improve the economy and lift our brethren from poverty come from a single thought: We owe it to those who sacrificed before us to make sure that it is worth it, way, way worth it to live here in the Philippines," he said.

The occasion, he added, should also be a time to celebrate the strength of character of Filipinos "to fight the enemy with bravery, honor and love for country as the sharpest weapon of all."

Mr. Aquino also praised the Philippines' strong alliance with the United States, and reaffirmed the futility of violence and necessity of working with neighboring nations.

Bataan Day in the US

In his speech, Bauzet said some 7,000 people in the state of Wales, including war veterans and students in New Mexico, had joined a remembrance of the March yesterday to pass what she called "the torch of memory."

"Some carried heavy packs to make the journey harder but not as hard as the cruel Cabiao that Americans endured," she said.

"Bataan commemoration takes place today across the United States ... and in the many homes where veterans and their memories still dwell. On the high seas, the sailors of the 11th Bataan will pause to commemorate this day, including Master Chief Saul Vergara, whose grandfather, Romeo Ilustrado, was a hero of Bataan," she said.

Bauzet stressed the importance of preserving freedom that Filipino and American soldiers had fought hard to win.

"Filipinos and American soldiers rallied on one another to survive the death March and what came after. Today their children and grandchildren ... proudly continue that tradition of friendship and mutual support," she said.

"Today we live in an era of technological marvel. But just cannot download freedom from the Internet or buy liberty off the shelf. The heroes of Bataan remind us not to take what we have for granted but to cherish our freedom," she said.

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Japanese Ambassador to the Philippines Toshinao Urabe, who also spoke in Filipino, extended his country's sincerest apology and deep sense of remorse for the Japanese atrocities during World War II.

He said the Japanese of today are "a far cry" from the Japanese during the war.

Urabe said the friendship between the Philippines and Japan had forged stronger ties and were now allies and friends. He stressed the importance of unity among the three countries.

"So pagkakaisa, tayo ay lalakas sa pagkakaisa-isa-isa-isa, tayo ay hahagpak (In unity, we will be strong, in conflict, we will fall)," he said.

Aside from war veterans and their families, former President Fidel Ramos, top military and police officials, Cabinet members, local officials and diplomats attended the Araw ng Kagitingan ceremonies at Mount Samat Shrine. With reports from Christine O. Avendaño

Bataan Day? What's that?

By Kristine Felizze Mangosing

EDSA... UMM... I don't know.

Several individuals in Caloocan City could not quite remember a response when asked if they know why April 9 had been declared a holiday.

Joey Bonus, a pogoyoy driver who plies the Rizalino Monumento-MCU route, took a few seconds to think before answering that the victory day was in anticipation of the heavy influx of motorists on coming from the province after the Holy Week break.

"Isn't it because (the government) didn't want vehicles to Cubao up on the streets on Sunday or something?" the 40-year-old added.

Bonus said he had not watched television for a long time and had heard about the day being declared a holiday from friends.

Asked if he had heard of the Fall of Bataan, or Araw ng Kagitingan, he said: "Yes, I think I have."

However, he said he could not remember what it was all about, he said.

Even younger people were at a loss when they were asked why they should get a day off.

An engineering sophomore at a Malabon-based university who identified himself only as "Calvo" said that all he knew was that Monday had been declared a holiday.

He did not really know why but it "didn't really matter," he said. What was important was that he had more time to plan his favorite computer games.

"Actually I don't know. I just know I'm playing Dota with my friends later," he said with a laugh.

He admitted that he had a history subject way back in high school, but remembering the he had learned "bad grades from the finals."

"Why me exams, I completely forgot about every thing already," he said.

He has not had any history classes in college yet, he said.

Kat Villareal, a mall worker in her early 20s, admitted her head "shots" after asked if the Fall of Bataan rang any bells.

Villareal, who tells CMO is, had learned that the had never heard of the event, much less read anything about it. She doesn't do much reading in the first place, she said.

"I usually get information by watching TV, but I haven't been watching lately," she said.

Asked why she thought Monday had been declared a holiday, Villareal replied, "Honestly, I don't know."

SPORTS
Editor Teddyvic S. Melendres
Assistant Editor Francis T.J. Bichara

Watson bags Masters after dramatic playoff

BUBBA Watson and mother Molly share an emotional embrace after the American topped the Masters golf tournament. AP

AUGUSTA, Georgia—Bubba Watson conjured a miraculous par from pine straw to become only the third left-hander to win the Masters with an emotional playoff victory over Louis Oosthuizen at Augusta National on Sunday.

The American clinched his first major title with a two-year par on the second extra hole, the par-four 10th, where South African Oosthuizen forgiven after ending up just short of the green in two and failing to get up and down.

Both players had sealed up well right off the tee, Oosthuizen gaining a four-stroke buttress off a two-iron playing his second shot from the first cut of rough.

Although the long-hitting Watson sailed up deep to the tree line, he had an avenue to the green and struck a superb high draw off the pine straw with a gap wedge for his ball to settle 10 feet from the pin.

After Oosthuizen had chipped up 15 feet past and narrowly missed his par putt coming back, Watson had the luxury of two pars for victory.

His birdie attempt slid past the cup but the 33-year-old from Bagdad in Florida gathered himself before embracing his caddie.

"I never get this far in my dreams," a teary-eyed Watson said in the Butler Cabin before being helped into the crowned green jacket by last year's Masters champion Charl Schwartzel of South Africa.

"I get to these times, it's a crazy shot that I saw in my head and sometimes I'm here talking to you with a green jacket on. It's a blessing," Watson added, after joining fellow left-handers Phil Mickelson (2004, 2006 and 2010) and Canadian Mike Weir (2003) as Masters winners.

"I had a good lie, had a gap where I had to hook it 40 yards or something. I'm pretty good at hooking it, so I just hooked it up there and somehow it sneaked close to the hole," Watson said of his stunning approach on the second playoff hole.

A self-taught golfer who learned the game by hitting waffle balls around his house, Watson became the eighth consecutive first-time winner of a major and the 11th to do late 72-champion/major played.

Oosthuizen, the 2010 Britain Open champion, had earlier grabbed a two-shot lead with a stunning albatross on the par-five second.

The duo had finished the regulation 72 holes on 10-under-par 278, Oosthuizen carding a three-under 69 and Watson turning level with a sizzling run of four birdies from the 13th on the way to a 68.

THE CHAMP gets the green jacket from last year's winner Charl Schwartzel of South Africa. AP

Final round at a glance

AUGUSTA, Georgia—Final round of the Masters at the 7,435-yard, par-72 Augusta National Golf Club.

Winner: Bubba Watson, who beat Louis Oosthuizen in a playoff.

How? Watson and Oosthuizen ended pars on the first playoff hole, then Watson made par out of the woods on No. 10 after the South African made bogey.

How much? Winners won $1.4 million and a green jacket for his first major championship win.

Phil's Mistake: Phil Mickelson made a triple bogey on the par-5 fourth hole and ended up tying for third.

Where's Tiger?: Tiger Woods finished 5 over for the tournament, his worst showing ever as a pro at the Masters.

How nearly?: Watson was $1.1 million and a green jacket for his first major championship win.

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Phil's Mistake: Phil Mickelson made a triple bogey on the par-5 second

Suarez last Olympic boxing hopeful standing

UMAT light-welgit Charly Suarez was left to contend for an Olympic slot after his four silver teammates were eliminated in earlier bouts of the ongoing Asian Olympic qualifying tournament in Astana, Kazakhstan.

Suarez upset Madadi Nagzhakov of Tajikistan, ranked No. 3 in the 60 kg category of the World Series of Boxing, with a 19-11 decision in his opening bout Thursday and was joined in the winner's circle by bantamweight Joegin Ladera, who outclassed Joel Kunal Quadrel of Jordan, 17-7.

But Ladera lost to China's Zhang Jiawei, 15-8, in his next bout and became just the fifth boxer like compatriots Wilfredo Lopez, Rey Saludar and Jerusin Galvez.

Lopez bowed to his Chinese foe in a welterweight fight while 2010 Asian Games flyweight gold medalist Saludar lasted only two rounds against Mongolia's Nyamjargav Tuguldgerj, a silver medalist in the last 49ers world championship, also Thursday.

Reign: CEO's Unbeat, a gold medalist like Suarez in the Czech-mate Asian Games in Indonesia last year, lost to hard-hitting fourth Korean Kim Chol Jong, 18-8, to finish light welterweight campaign last Friday.

SUAREZ

Miñoza to grace ICTSI Jungolf opening tomorrow

FRANKIE Miñoza, one of the most successful products of the country's junior golf program, will hit the ceremonial ball to tomorrow's opening of the 2013 ICTSI Jungolf Invitational golf tournament at the Eagle Ridge Golf and Country Club in Gen. Trias, Cavite.

"We believe that it is just a very generous effort for one of the Filipino golf legends to find time to meet the kids," said Lagi Fonacier, president of the Asian Golf Foundation of the Philippines.

Eagle Ridge, sponsored by Ina Lucio Realty and Alsons Land, is hosting the Jungolf Invitational for the first time.

NLEX seeks 4th straight vs Café France

WYNNE Arboleda of Barako Bull blocks Wesley Gonzales of Alaska during Sunday's match race by the Energy, 106-85.

Texters test Energy today

By Hyong R. Castillo

ANTIPOLO—The only thing not traditional about Barako Bull being in the semifinals of a PBA tournament is maybe Rankin Bull itself.

The mammals of the team, in the words of coach Junel Baculi, "have been there, done that," and the Energy have the perfect complement in Gabriel Freeman, another winner, in an import.

The squad made up of veterans rules to push to fuck some more as it starts its best-of-five Commissioner's Cup Final four series against scrappy Barako side that has been the most traditional playoff force in the league in recent years...powerhouse and defending champion Talk 'N Text. Tip-off is at 6:45 p.m. at the Ynares Center here.

"We showed everyone that we can still play, that we can still win," former two-time MVP Willie Miller said the keynote on the way to his 1st Sunday night, minutes after a 106-85 Game 3 playoff win over Alaska.

"I would now be up to us to extend ourselves and play against another set of younger guys," he continued after shooting 25 points and dishing out six assists. "And that would be a lot of fun for the veterans."

Talk 'N Text, meanwhile, will come into the contest fresh from a long break which started a month. Chot Reyes more. He is already concerned by the fact that Freeman gave Barako Bull more speed to go with its veteran smarts.

"We will be coming off a rest and they will have the advantage in game rhythm," Reyes said. "Plus, Freeman is the perfect import for Barako (Bull). He complements their veterans very well with his energy and all-around game."

Barako Bull made it this far despite having a losing record in the eliminations, bundling out the door in the quarterfinals with the lopsided Sunday rout.

Freeman will have his hands full against Ennis Whatley, the two imports entered each other and, the fight would squarely fall on the shoulders of the locals.

Tubid is top player of the week

Meanwhile, Ronald Tubid, once referred to as the "Energizer Bunny," was brilliant in the week that passed, earning for himself the Accel/PBA Press Corps Player of the Week award.

Tubid shot 10 points, had five rebounds and two assists, while putting in a lot of hard work on the defensive end that helped contain Alaska's Cyrus Baguio and LA Tenorio in the rubber match of their series that ended Sunday, 106-85.

Manny Pacquiao 'acquitted'

BARE EYE

Recah Trinidad

HAS MANNY Pacquiao been impeached as world pound-for-pound boxing king?

Definitely not, says this latest genuine information from Los Angeles, California, very close to where experts consider the seat for the IWF pick.

Actually, then immediately ran two consecutive suspension on ruby and have Pacquiao allegedly got control to pound-for-pound ruler.

Several anti-Pacquiao members blamed it on his excruciating stand against Juan Manuel Marquez, who continued to say that he had been robbed of deserved victory.

Much later, pundits seemed to include Pacquiao's the record controversy which had been played up worldwide, among the factors that supposedly pulled down and demoted the national boxing icon.

Did you get, indeed.

***

But here's the good news—the week.

"Someone forwarded me your article about The Ring Magazine poll (Has Pacquiao been impeached?)," stated Gary Andrew Poole, author and respected boxing expert who writes for Time International.

Poole, whose celebrated book "Pacquiao: Behind the Scenes with Manny Pacquiao" recalls bit it big in the market, asked that he be allowed to set the record straight.

"Just wanted to let you know I don't know about the other boxing scribes, but Michael Rosenthal who ran the top top 10 pound-for-pound rank a couple of months ago, before the Pacquiao-Juo story hit the news. Anything that happens outside of the ring doesn't concern me in IWF rankings. It's all about skill and smarts inside the ring, and how a boxer performs against quality opposition.

***

But did you participate in the vote? Or direct or regularly participate in The Ring poll, or any poll for that matter. But just to let you know this wasn't a Ring Ratings poll. I am understand the confusion, but several writers in the Philippines hosting media got this one wrong. Rosenthal asked 10 of us for our pound-for-pound fighter as part of a story in the magazine. Please check him out. I know the poll is not the official position of The Ring, just a poll of various scribes. One can ask Rosenthal but The Ring still has Pacquiao as number one P4P, all the moves and doings over Bradley, quite losing the P4P. The Ring ranking does not appear to have any validity."

***

Just the same, did you vote for Pacquiao or Mayweather?

"I have watched both fighters ringside for their last several fights and so I think I am a pretty fair judge. I told Michael that I split the P4P votes between Pacquiao and Mayweather. Both men have their strengths and weaknesses in the ring, and right now, given their competition of late, I say it is a draw. Polls are just polls. P4P rankings are simply opinions. As you know, there is only one way to prove who is the best."

***

Thank you very kindly, sir.

As they say, let's wait for that confirmation.

Let's hope that dream bout materializes in order to determine who's really the best.

Let's also pray for Pacquiao's continued well being and success.

BMPAP pushing for dev't of new billiards talents

By Jaes Navarro

TO KEEP the lofty world status of Philippine billiards, a high-ranking official of the Billiards Managers and Players Association of the Philippines is pushing for the development of young players with complete backing from government.

BMPAP president Percy Bautista said one hot skilled players Johann Chua, John Vincent Viernes, Jordan Legaspi, Jef Jhae and Richard Alcaraz have the talent and skills to become future world-class Filipino cue artists given enough support and exposure.

"I've been in this sport for so long. I know of a player has the potential to become a world champion or no," said Bautista, credited for whipping Philippine billiards into Dennis Orcollo and Ronnie Alcano into champions form.

"Given the right training, motivation and financial support, these young players could follow the footsteps of our world champions," added Bautista, noting that the Billiard Sports Confederation of the Philippines has done nothing on the grassroots level to tap future prospects.

Superal ends up 2nd in Sabah

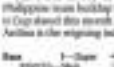
PRINCESS Superal marched par 72 then nipped nine others in the scramble to snatch runner-up honors in the 30th Sabah Amateur Open Golf Championship open by Malaysia's Air Force in the country's Subang Jaya in Kota Kinabalu, Malaysia Sunday.

Superal banged in a couple of long putts for par in the closing holer to turn in a second-straight 73 as she tied ICTSI teammate Jaymie Agsio and Malaysian Aretha Ren Heng in second at 219.

The surprise lift capped 54-hole stint with a two-under 70 and second up with a 215 for a six-shot romp over Superal, Agsio and Heng. Agsio made a 74 while Heng also carded an even par 72.

Another Filipina fashed in find her rhythm and closed out with a 75, finishing tied for fifth with first round leader Sandeep Bhatnagar, who added a 77 for a 222.

The event served as part of the ICTSI-Philippines team building for the Queen Sirikit Cup slated this month in Singapore where Arellina is the reigning individual champion.



By Tip Clarion

Baguio junior tennis under way

THE JUNIOR Tennis Association of the Philippines (Baguio) kicked off its two-leg summer circuit today with the staging of the Baguio Junior Tennis Championships at the Baguio Tennis Club.

Top seeds Kyle Joseph and Bianca Bales head the cast in the juniors 18 under category while Marcus Dalmacio and Ma. Gretchen Ting are the early favorites in the 15-2 class in the 119-player field the event organized by Junisphil.

Jacob Martin, the rising 11-year-old star coming off two leg wins in Palawan and Alabang, is slated to dominate the boys' 12-U class of the Group 2 tournament sponsored by First Gas Corp. and Smart and bid to get junior players from the locals region, northern provinces, Central Luzon and Metro Manila the chance to compete on top-flight competition.

The summer leg will be held May 7 to 13 at the Rizal Memorial tennis courts. For inquiries, call (02) 30-244-6625/62 or 0908/8135050.

PSA Forum: FIDE Flying 'V' tourney

OFFICIALS of the 2013 FIDE Flying V Pro Season Cup will get an update of what to this year's collegiate basketball tournament at the mezzanine of the PSA Forum today at Shakey's E-Jeep FIDE Flying V Sports chief Bayani Pacquiao, vice chair Dave Crasto and consultant Jose Guillermo will talk about the virtual tournament. Pacquiao said that games April 13. Joining them are lady volleyballers Javal Bolaristocrat and Mia-sports announcers Jude Roque and previous the like Sports Clinics.

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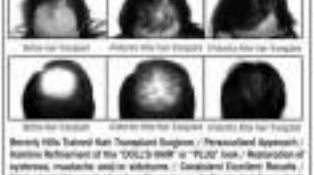

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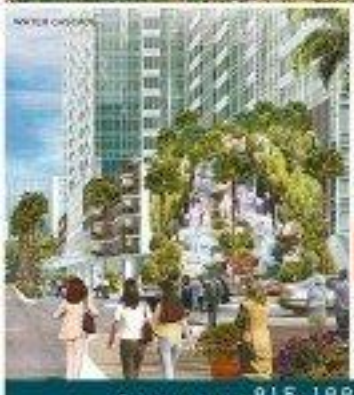

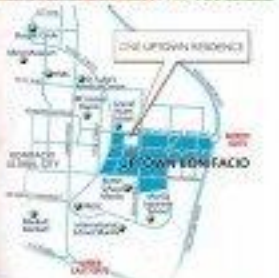

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Raps eyed vs firemen in Makati rally

Protesters wreck police car, flood police station with water from hoses

YUMMY HEAT BUSTERS As the temperature rises, so does the demand for "halo halo," a refreshing summer treat being offered by young children on a sidewalk in Cubao, Quezon City

By Nika Morales

MAKATI Mayor Jejomar Erwin Binay has ordered the filing of charges against a group of fire volunteers who trashed a police car and flooded a police station with water from their hoses to protest the death of one of their colleagues in a shootout with lawmen on April 1.

"While we respect their right to express their sentiments, we will not tolerate destruction of government property and acts of lawlessness," Binay said.

According to a police report, around 100 fire volunteers led by Marcing Sarmiento on board 20 fire trucks and a dozen cars creeped at the Makati Central Police Station on Ayala Avenue formerly in Makati City on April 5 to protest the death of Ronald Tolentino, a fire volunteer, who was killed on April 1 near the South Superhighway.

Investigators said that Tolentino figured in a shootout with policemen from the Makati Police Precinct 2 after he and a companion tried to hijack a delivery van. The van driver, however, rammed the vehicle into the road's center island, smashing the steering of Tolentino's patrol.

During Thursday's protest, the fire volunteers opened their water hoses and trained them on the police station as the arena blared sirens. Binay, Junior Sarmiento, the city police officer in charge, conversed and met with them.

Reached by the Inquirer yesterday, Junior recalled that he spoke with Tolentino's wife, Mary Rose, and told her that he would act on her husband's case as soon as the fiscal's formal complaint.

"In fact, I already relieved the two officers involved in the shooting. She thanked me for that," he said.

"I thought after our exchange, they would disperse peacefully. I did not know they were planning on going to Precinct 3," Junior added.

At the police station on Evangelista Street in Barangay Bangkal, the fire volunteers surrounded the building and hurled firecrackers at the policemen who were inside.

They also trained their water hoses on the police precinct and a

PREMATURE, A28

Cops eye tiff between old, new guards in Aguirre case

By Nathaniel R. Meliccan

WAS IT a clash between the old guards and their replacements?

The police are investigating whether it all between the current and former security guards of banker Albert "Bobby" Aguirre led to the shooting at his house in Las Piñas on Saturday in which three of his security personnel were killed.

Las Piñas police chief Senior Supt. Bernardo Supitula said that this would explain why the man who barged inside Aguirre's sprawling residential compound in BF International Subdivision, Barangay CAA, targeted just the guards on duty—David Manganes, Melvin Pedero, a retired policeman, and PO1 Leandro Mendoza—of the Police Security and Protection Group who was assigned to the banker's secretary—before escaping.

Aguirre, the owner of Universal Basea Filipino Savings and Mortgage Bank, was at home at that time although he was not harmed by the gunmen.

"We got wind of information that a group of people formerly employed as part of Aguirre's security detail, some [of them] former policemen, allegedly had a grudge [against] Pedero," Supitula said.

He also noted that there have been reports that the former guards had yet to receive their salaries in full. "This is one of the things we are looking at," he said.

Despite this development, the police said they were not discounting the possibility that the attack was directed at Aguirre.

"When I talked to him after the incident, he told me that he had suspicions but he declined to elaborate. He just said, 'We just won the case,'" Supitula said, noting that Aguirre was referring to the continuing court battle to reopen Basea Filipino which was shut down last year by the Bangko Sentral ng Pilipinas due to liquidity problems.

Supitula yesterday led a news conference with investigators. Despite this, he admitted that they still had no clue as to what the gunmen's motive was.

"We looked at many angles but we still cannot identify the motive behind the attack. We still need other facts and further investigation. Hopefully after a day or two, we will have a clear picture of the incident," Supitula said.

Police investigator killed in front of 2 kids, relative

By Nika Calleja

A 42-YEAR-OLD policeman was shot dead by a man with a handkerchief tied around his face in front of the victim's children in Marikina City at 4 p.m. on Sunday.

SPO2 Boyet Matic, a member of the Quezon City Police District (QCPD) Station 9, died on the spot after he was shot eight times behind the wheel of his car.

His two children aged 10 and 11 and a relative who were aboard in the back seat were unhurt, case investigator SPO2 Charlito Pangilinan said.

"It could be related to his work. His colleagues at the QCPD said he had taken over big and sensitive cases," Pangilinan added.

Matic and his family were headed home after picking up a relative from the airport when they stopped in front of a public market at the corner of JRG Mellon and E. del Pilar Streets in Barangay Parang.

When his wife alighted from the van to buy some food, the victim and his companions waited for her inside the vehicle. At this point, a man wearing a cap and a handkerchief tied around his face opened one of the van's doors, shot the policeman and escaped on a motorcycle being driven by a rider.

"When the gunshots were fired, He was shot in the head and in the chest," Pangilinan said.

Police recovered six spent shells from a cal. .45 pistol from the crime scene.

DID YOU KNOW

THE NATIONAL Capital Region has the highest jail population among the country's regions as of February with more than 15,000 of the over 68,000 inmates nationwide, according to the Bureau of Jail Management and Penology.

Erhard Gondale, Inquirer file photo

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METRO BRIEFS

Drug gang leader killed in Taytay shootout

THE ALLEGED leader of a drug syndicate operating at a resettlement site in Taytay town, Rizal province, was killed in an alleged encounter with policemen on Sunday. Supt. Art Masangcong, Taytay police chief, said that some policemen were conducting surveillance operations in the area when they chanced upon two suspected drug pushers at Purok 4, Block 11 in Lupang Arienda, a resettlement site for informal settlers from Metro Manila. Masangcong added that a shoot-out ensued between cops of the suspects dead on the companions fled. The chief said identified only as Dok, the leader of the group which sells methamphetamine hydrochloride or "shabu" to residents in Lupang Arienda.

Mike Codilla

Pickpocket arrested outside church in Tondo

POLICEMEN arrested on Easter Sunday a pickpocket who preyed on churchgoers in Tondo, Manila, and stole close to P20,000 worth of cash and electronic gadgets. The arrest of Orlando Simeon, 29, a resident of Paulino Street in Tondo, came a week after another pickpocket stole more than P20,000 in cash from people outside the same church.

Sta. Niño de Tondo Parish, on L. Chuseco Street on Palm Sunday, Manila Police District Moricones, Tondo Station personnel arrested Simeon in Plaza Hernandez outside the church where they caught him red-handed from his fourth victim, Shanley Mahinay, who cried out to alarm when she discovered his hand inside her bag. SPO2 Dolly Cosmelo, MPD Tondo Station desk officer, told the lawyers that after Simeon was arrested, three other churchgoers who lost their wallets and cell phones went to the police station to file a complaint against the thief. Lira Alvar, 20, said she lost to Simeon two cell phones all worth P18,000. Candido Bautista, 52, complained of losing her wallet containing several identification cards and P2,500 in cash, while Ryan Candido, 29, lost P5,000 in cash, several identification cards and a bank passbook. Carmelo said that Simeon remains in their custody pending the filing of theft charges against him with the city prosecutor's office.

Jeannette I. Andrade

Manila's top students get cash incentives

BUDGET woes may be a reason for them, but Manila Mayor Alfredo Lim has seen fit to give out every-year financial awards to the city's top students. Over the weekend, Lim distributed around P1.6 million worth of cash rewards to 600 students from the city's 71 elementary and 32 secondary schools who graduated with honors. Eighty-grade school students and 32 high school students who graduated as valedictorians received P5,000 each while salutatorians in both levels received P3,000 each. For this school board, those who were acknowledged for honorable mention in both levels received P3,000 each. Second honorable mentions, P2,000 each; and third honorable mentions, P1,000 each. The awarding this year was held at San Andres Sports Complex during which Lim praised the students and their parents, the teachers and schools officials for all their sacrifices.

Jaymee T. Gamil

QHS Batch '82 to hold grand reunion

MEMBERS of Batch 1982 of Quezon High School or Project 3, Quezon City are invited to the grand reunion on August 3 at Gateway Suites in Gateway Mall, Araneta Center, Cubao, Quezon City. Registration will start at 3 p.m. with tickets priced at P1,000 each. For more details, please contact any of the organizers: Cecil Fuentes (0921-4001710), Ate Bella Yap (0917-8061838), or Jennifer Duchoa (0917-8238558, 502-8433948 / e-mail: jing@orchowildflowers.com).

Gym instructor found dead in stairwell

By John M. Bunnin

THE BODY of a gym instructor was found hanging in the stairwell of a condominium building in Quezon City before dawn yesterday.

A resident of Pag-Asa Condominium in Bagong Lipunan, Barangay Bagong Pag-Asa, found the lifeless body of Rodrex dela Cruz, 36, at around 5:45 a.m.

Case investigator SPO2 Arlene Maldivia said the victim had gone to his older brother's unit in the condominium to borrow a pair of shoes for his morning workout.

The gym instructor had been staying at his brother's condominium unit on the fourth floor of building 11 after he had a fight with his wife.

The victim's brother told police that Dela Cruz had not even unpacked his clothes after leaving home.

No details

He added that he did not know the details of the quarrel between his brother and his wife.

By Bani's account, Rodrex was a quiet person and had not mentioned details about the quarrel to him.

Bani recalled seeing his younger brother, who appeared to look troubled, inside his condominium unit at around 1 a.m.

Police said Dela Cruz was already dead when he was found by one of the building's tenants, Alicia Bani.

The tenants said she was about to leave her unit on the third floor when she saw the body hanging in the stairwell.

Bani quickly reported the discovery to the condominium building's security personnel.

Maldivias said Dela Cruz had a mountaineer's rope looped around his neck, with the other end secured to tied to the railings on the fourth floor above.

Police theory

Although an investigation is still ongoing, police believe that the victim could have jumped to his death from the fourth floor.

Why there are many abusive cops

THE REJECTION of the second round out to Rosario Bolaños the tyrannical team spoon, by the Court of Appeals to not only embarrassment but also looks suspicious.

The appellate court on short the years Bolaños would spend in prison from life to 20 years.

Bolaños swindled close to a million individuals, including teachers who lost their hard-earned lump sum pensions, by enticing them to invest in bogus cash-back schemes.

Why the country's greatest white-collar's sentence was reduced, only the appellate court justices who wrote the decision know.

I'm not implying anything, but Bolaños allegedly has hundreds of millions of pesos stashed away somewhere probably ready to be doled out to anyone who can help him out of a very tight spot.

* * *

I heard that the police generals whom she was able to get off either from dismissal or hard-earned money were able to get it back after they threatened to kill her.

But most of Bolaños's victims were not as powerful and relied on the courts to give them justice.

Instead of giving justice in hundreds of thousands of her victims, however, the Court of Appeals appears to have favored her by imposing a shorter sentence.

While a shorter sentence—from life imprisonment to nine years and nine months minimum to a maximum of 20 years—Bolaños can now apply for parole.

In this country, justice really favors the rich.

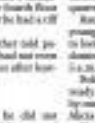
* * *

PDI Valpuesta Salazo, a reader, shot and killed his neighbor in Tondo, Manila, over a long-standing grudge recently.

At the time of the killing, Salazo was facing criminal and administrative charges for firing his gun during a Christmas party last year.

This guy apparently hasn't learned his lesson.

Why? Because civil service rules favor abusive and corrupt policemen.



A cop can't be dismissed outright even if he openly threatened grave abuse of power because he has to go through the rigmarole of due process procedures where his side is heard.

Due process takes time and lawyers are getting cagy, but it does not have the complicated rules other guys used of attending hearings, which are constantly postponed, until he finally drops his complaint.

If the authorities want to get rid of abusive policemen, complaints against them should be filed as soon as possible.

Summary dismissal proceedings against cops facing administrative cases are not really summary, dragging short, because these rules recently were revised.

The long process disheartens complainants who lose interest, resulting in the dismissal of the case.

* * *

Malacañang says Director General Nicanor Bartolome, chief of the Philippine National Police (PNP) still has the trust and confidence of President Noy despite the spate of crimes in the country.

Of course, the President should trust Bartolome.

A disciplinarian, Bartolome has been able to modernize a clean and honest troops.

His name has not been linked to jueteng, an illegal numbers game which gives away gives millions of pesos in bribes to law enforcers.

The upsurge of criminality should be blamed on the regional commanders who have jurisdiction over trouble spots, and not on the PNP chief.

Area or regional commanders have direct control over the men in the field.

If the men in the field are inefficient, resulting in more crimes, the regional commander should take the blame.

BUY YOUR TICKETS IN ADVANCE!
OPENS APRIL 25 AT AYALA MALLS CINEMAS

Girl with leukemia needs money for chemo

By Santiago R. Alcantara

ALTHOUGH she is suffering from a life-threatening disease, 15-year-old Jessaly Flores is eagerly looking forward to going back to school in June as a third year high school student.

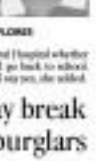
Her mother Arling told the business that her daughter was favored as sleep school last year based on the advice of her doctors.

After she was diagnosed to be suffering from leukemia in November 2010, Jessaly underwent four cycles of chemotherapy. She has been advised to continue the treatment for three more years.

"But our problem is that we'll have to spend P18,000 monthly for the injections and medicines. My husband Dexterity was terminated from his job as an airport security guard," said Arling.

She herself works three days a week in a laundry shop to provide for her family's needs.

Those who want to help Jessaly can reach Arling at 09312-4292951. Donations can be deposited in her husband's Security Bank account account name Dexter Flores with account number 0000282928-3000.



Should Jessaly be able to continue treatment, Arling said their next step would be to ask the doctors at Philippine General Hospital whether or not she could go back to school. Hopefully they'll say yes, she added.

FLORES

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BAGONG SENTRONG NG PILIPINAS
BIDS AND AWARDS COMMITTEE
INVITATION TO BID

The Bangko Sentral ng Pilipinas (BSP), through its Bids and Awards Committee (BAC), invites bidders to apply for eligibility and bid for the following project:

Name of Project/Brief Description	Total ABC (All applicable taxes and other costs included) or time frame for CBE (Security/Bid Security per BSP Bids and Awards Committee)
Approved Budget for the Contract (ABC)	P 3,000,000.00 for one (1) year
Contract Duration	Three (3) years in accordance with R.A. 9184

Prospective bidders should have undertaken at least two (2) similar supply/services awarded and completed from CY2007 to present and submit to attached BSP-eTrade/BAC. The Bangko Sentral ng Pilipinas may ask for the Philippine Classification and Declaration of Procurement (PCDP) which is required to be submitted by the winning bidder.

All prospective bidders for Eligibility Statement and Screening, Bid Security, Performance Security, Post-Bidding Conference (if necessary), Evaluation of Bids, Post-qualification and Award of Contract should be prepared by the authorized representative of the bidder and the bidder must be registered with the Philippine Government Electronic Procurement System (PhilGEPS).

The complete schedule of activities is stated as follows:

Activities	Schedule
1. Invitation of Bids (Advertisement)	Starting: 10 April 2012 Ends: 16 April 2012, to 12:00 P.M. Bid Opening: 16 April 2012, 1:00 P.M. Procurement Office Room 702, 2nd Floor, Para-Bulong Building A. Soriano Avenue, Intramuros Manila, Manila Tel. No. 708-7701 local 2220 Fax No. 708-7707
2. Pre-bid Conference	10 April 2012, 11:00 A.M., MRSB
3. Opening of Bids	16 April 2012, 1:00 P.M., Room MRSB
4. Bid Evaluation	Three shall be in accordance with the procedures/ periods allowed in the revised IRR of R.A. No. 9184
5. Notice of Award	

The ITB per Section 41 Requirements to Bidders may be downloaded from the website of the Philippine Government Electronic Procurement System (PhilGEPS) and the BSP-Website (www.bsp.gov.ph). The complete set of the Bidding Documents may be purchased from the BAC Secretariat upon payment of a non-refundable fee for the amount of P[illegible] only.

Only bidders who have purchased the Bidding Documents shall be allowed to view or submit written queries or clarifications.

The BSP assumes no responsibility whatsoever to compensate or reasonably reimburse the expenses incurred in the preparation of the bid.

The BSP reserves the right to accept or reject any bid, to declare the bidding void/null, or to cancel the bidding, at any time prior to the contract award, without thereby incurring any liability to the affected bidders. Furthermore, the BSP reserves the right to waive any minor defects or formality and to accept the proposal most advantageous to the agency.

FOR: PRISCILLA C. DOMINGO
Chairman

No holiday break for busy burglars

By Jeannette I. Andrade

BURGLARS who took advantage of the Holy Week exodus to do premiere unmasked a mall mall and an unattended apartment in Manila of more than P800,000 worth of valuables, including passports, clothes and assorted merchandise.

Debbie Ines, owner of a mall at Divisoria Mall, and Rosanna Garcia, a tenant of EMMA Building, along Agoncillo Street in Malate, reported their losses to police over the weekend.

The break-in at Ines' mall could have happened between 8:30 p.m. of April 4 and 9:30 a.m. the following day when the store owner reopened her mall and found her worst nightmare.

Apart from taking assorted jewelry and electronic gadgets, the burglars took Garcia's passport and another travel document belonging to a Roger Torres.

Firemen face raps

From page A30

nearby fire station, resulting in flooding inside the buildings, authorities.

The mob later turned their rage on a police car which was parked outside. They punctured the tires, smashed the body, broke the rail mirrors, and rebelled and pumped water inside the vehicle.

Senior said he decided to go to the police precinct but before he got there, the protesters dispersed. A police report took note of the names recorded on the fire trucks which took part in the protest. These included the Barangay Anti-Criminality Association; Ahmeas Fire Volunteers; Bedicto Fire Volunteers; Central Tondo Volunteers; Sampaloc Volunteers; Metro Pumper; UDMA; Maldoan; Silver Tondo; San Cesar; Bandar; Bego Talipapa; Bony Lopez Fire Volunteers; Marikina FD; Chairman Gumaro; Golden Pumper Team Aces; Baptist Pumper; Fire Marketing; Maldoan; Potrero and Metro Volunteers.

Syria peace plan in jeopardy amid regime demands, clashes

DAMASCUS—A peace plan for Syria was in jeopardy after the regime laid down conditions for a pullout of government troops from protest hubs and fresh clashes raged on Monday.

In latest fighting, 12 soldiers were killed in three fighting between the army and rebels in the Aleppo region of northern Syria and Deir Ezzor in the east, the Syrian Observatory for Human Rights said.

It also reported army operations in several other parts of the country.

Under a peace deal brokered by Kofi Annan, the former UN chief, the Syrian army was scheduled to withdraw from protest cities on Tuesday with a complete end to fighting on the 48 hours later.

But the Damascus regime has since said it would only carry out its side of the bargain if rebels first handed over written guarantees to stop fighting.

Rebel Army chief Colonel Riyadh al-Asaad countered: "We are committed to the Annan plan ... We will present our guarantees and our commitments to the international community, but not to this (Syrian) regime." The regime demand came as a weekend escalation in violence claimed almost 100 lives, most of them civilians, a surge in bloodshed that Annan described as "unacceptable."

Activists said 51 people were killed on Sunday, a day after nearly 130 died across Syria, while 200 others were arrested in raids by government forces pushing to crush dissent ahead of the April 10 deadline.

In a statement in Geneva, Annan urged the government to respect its commitments on troop withdrawals.

"I remind the Syrian government of the need for full implementation of its commitments and stress that the present resistance of violence is unacceptable," Annan is to travel to Turkey on Tuesday on the eve of a trip to Syria's ally Iran, for a visit to Syrian refugee camps near the border, a Turkish diplomatic source said.

Around 37,000 Syrian refugees are currently housed in camps in Turkey's three provinces bordering Syria, whose civilians have been fleeing the deadly crackdown over the past year.

The Milliyet newspaper reported on Monday that Turkey would consider using troops to secure humanitarian corridors in Syrian areas should the number of Syrian refugees swell to above 30,000.

Chinese foreign ministry spokesperson Liu Weimin, meanwhile, urged the Syrian government to honor its commitments.

"China urges the Syrian government and parties concerned in Syria to seize the important opportunities, to honor their commitment of ceasefire and withdrawal of troops," said Liu.

Syrian Foreign Minister Walid Moallem was scheduled to travel on Monday to ally Moscow, which along with Beijing has blocked two UN Security Council draft resolutions condemning Damascus for its bloody crackdown.

On Sunday the Syrian foreign ministry outlined the regime's new conditions in a statement.

"To say that Syria will pull back its forces from troops on April 10 is inaccurate, Said Assan, having not yet presented written guarantees on the acceptance by armed terrorist groups of a halt to all violence," it said. AFP

SYRIAN mother and child in Amman, Jordan, after fleeing the violence in Syria. AFP

Israel bars German laureate over poem

JERUSALEM—Israel has declared Günter Grass persona non grata, deepening a spat with the Nobel-winning author over a poem that sharply criticized the Jewish state and suggested it was as much a danger as Iran.

The dispute with Grass, who only late in life admitted to a Nazi past, has thrown new attention to strains in Germany's complicated relationship with the Jewish state—and also focused unwelcome light on Israel's own secretive nuclear program.

In a poem titled "What Must Be Said" published last Wednesday, Grass, 84, criticized what he described as Western hypocrisy over Israel's nuclear program and labeled the country a threat to "already fragile world peace" over its belligerent stance on Iran.

The poem has touched a raw nerve in Israel, where officials have rejected any moral equivalence with Iran and been quick to note that Grass admitted only in a 2006 autobiography that he was drafted into the Waffen-SS Nazi paramilitary organization at age 17 in the final months of World War II.

Grass' subsequent clarification that his criticism was directed at Israeli Prime Minister Benjamin Netanyahu, not the country as a whole, did little to calm the outcry.

On Tuesday Israel's interior minister, Eli Yishai, announced that Grass would be barred from Israel, citing an Israeli law that allows him to prevent entry to residents that "pose a danger to the state."

GRASS AFP

Yishai made clear the decision was related more to the recent poem than Grass' actions nearly 70 years ago.

"If Grass wants to spread his venom and lying words, I suggest he does this from Iran, where he can find a supportive audience," Yishai said.

Israeli Foreign Minister Avigdor Lieberman accused Grass of anti-Semitism. AP

WORLD BRIEFS

Deal reached on controversial Afghan night raids

KABUL, Afghanistan—Accelerating the transition of military responsibility to the Afghan government, the United States agreed on Tuesday to transcontrol of special operations missions to Afghan forces, including night raids, relegating US troops to a supporting role and bringing the raids under Afghan judicial authority. The deal clears the way for the two countries to move ahead with a more comprehensive partnership agreement that will establish the shape of US support to Afghanistan after the 2014 troop withdrawal deadline. And it resolves one of the most contentious issues for President Hamid Karzai, who faced intense domestic political pressure because of the raids' deep unpopularity here, even as US commanders had insisted on them as the linchpin of the military mission in Afghanistan. New York Times News Service

2 men arrested in Oklahoma shooting spree

WASHINGTON—Police on Sunday arrested two white men who they believe are responsible for a shooting spree that claimed three lives and injured two people in the city of Tulsa, Oklahoma. A police department official told AFP that the suspects (news tells) custody in a neighborhood some of Tulsa were identified as Jake England, 19, and Alvin Watts, 22. The two suspects were found together in a neighborhood near where the shootings occurred after police received several anonymous tips that England was the shooter. The Tulsa World newspaper reported. All three fatalities—identified as Donivan Fields, 49, Bobby Clark, 54 and William Allen, 51—were black men. Two other men were wounded, but are expected to survive, the paper added. They have not been identified. "It is way too early to call this a hate crime," Federal Bureau of Investigation agent Jarrett Finch said on Sunday at a news conference. "We have yet to analyze all the information to understand the motivations in this case." AFP

Easter bomb attack near Nigeria church kills 20

KADUNA, Nigeria—A car bombing near a church in the northern Nigerian city of Kaduna on Easter Sunday killed at least 20 people, while another blast later in a separate city caused a number of injuries. The deadly explosion in Kaduna's Angwan Rogo district came as worshippers left a church north, way a start reminder of Christmas Day attacks that left dozens of people dead in Africa's most populous nation and targeted old president Abdulsalami Abubakar's and residents who had stopped at a club in the area to buy tea appeared to have borne the brunt of the blast, and body parts littered the area. Nigeria's 150 million population is roughly divided between a mainly Muslim north and predominantly Christian south. AFP

India, Pakistan leaders meet, hope to improve ties

NEW DELHI—In the first visit in India by a Pakistani head of state in seven years, President Asif Ali Zardari of Pakistan and Prime Minister Manmohan Singh of India on Sunday expressed a mutual desire to improve relations between their rival South Asian nations, and Singh announced that he would at some point visit Pakistan for the first time since taking office. The meeting was not a formal summit meeting, and diplomats tried to keep down expectations. Zardari had originally asked to make a private visit to an important Muslim religious site, the shrine Sharif shrine, in Rajasthan state. Singh then invited him to make a visit to New Delhi to lunch. The diplomatic choreography ended with Zardari's arrival in New Delhi on Sunday. The two met for 40 minutes at Singh's official residence and discussed a variety of issues, including the disputed region of Kashmir and the Pakistani militant Hafiz Mohammad Saeed, who is accused of directing the 2008 attacks in Mumbai that dropped a potential thawing between the countries. WTVS

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Ms. Maria Camille Sayoc, Intel Member Sales Group

"It is a very good seminar. The learnings would be quite a welcome challenge to apply in our company."
Ms. Dianne Peralta, Princeton Creations, Inc.

"Make sure you ATTEND!!!"
Ms. Vicky Rea, V-Global

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Joel Goldsmith and multi-awarded speaker Rene Domingo will share strategic learning tools that you can use in order to help bring out the best in your people.

You can build a leadership-powered company through your own homegrown talent
Ray Evelo, Executive Director, Leadership Succession and Development at the Ford Pacific School, will share how he scouts for potential leaders within the ranks, and groom them to fill crucial positions in the future.

Finding Extraordinary Joy at Work
If you are on the verge of burnout and need to be refreshed, Ace Morales will encourage you to look at work as a gift and a source of joy. A Hong Kong speaker and consultant to various private and government institutions, the session will make you look at work in a happier perspective.

Building a Work Environment Where 'Model' Employees Thrive
Ted Bates, Vice President for Human Capital of Eastern ABC, the company behind The Wedge, Oyster Fonda, Regalia, and many others, will share how he devised the numbers while fostering a work environment that encourages "model" behavior.

Learn how to manage stress caused from workloads to the 'I needed it yesterday' age
Dr. Aggie Sarmiento will speak about how you can happiness and fulfillment in the midst of deadlines and pressures in the workplace.

3 Think Therefore I am... Happy! Using The Six Thinking Hats as a Tool to Increase Harmony at the Workplace
A Licensed Six Thinking Hats Trainer, Gene Batong will show how you can use the Six Thinking Hats to make crucial considerations and opportunities to win your employees.

Committing to a Habit of Excellence— What It Takes to be a PMAP People Manager of the Year
Federico Marquez, Jr., Vice President for HR of St. Luke's Medical Center in Quezon City, manages a massive workforce and knows what an excellent service is a habit. Do not miss this session where he shares how your organization can foster an attitude of excellence as a foundation for a better competitive advantage.

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The WORLD

Alan Lorenzo B. Sucaldito

N. Korea preparing for nuke test–Seoul

SEOUL, South Korea—North Korea appears to be preparing for its third underground nuclear test even as it presses ahead with assembling a long-range rocket for its planned launching of a satellite this month, a South Korean government spokesperson said on Sunday.

Unconfirmed South Korean news reports in the past few years have alleged that North Korea was digging new tunnels at its Punggye-ri nuclear test site in Kilju, near the northeastern tip of the country, to follow up on two underground tests it conducted there in 2006 and 2009.

On Sunday, the government spokesperson, who requested anonymity because he said he could not speak on the record on intelligence matters, said satellite images showed a growing pile of earth near the entrance of one tunnel, and government analysts said they considered it a potential sign of preparations for a test. A large amount of earth is needed to seal a tunnel before detonating a nuclear device inside.

The spokesperson was confirming reports carried on Sunday by the South Korean national news agency, Yonhap, and other national news outlets. The domestic media reports were identical in their wording and details. South Korean television stations also carried satellite images showing the pile but did not reveal who had provided them.

The main opposition Democratic United Party accused the government's National Intelligence Service of leaking the news in the domestic media ahead of Wednesday's parliamentary elections. Party officials said they suspected that the spy agency was trying to help the conservative governing party by emphasizing the North's nuclear threat.

"North Korea has been hinting at a possible nuclear test for a month," said Park Yong-jin, a spokesperson for the opposition party. "We wonder why the National Intelligence Service was highlighting this to the people and news media now, only three days before the election."

During a campaign speech on Sunday, Park Geun-hye, the leader of the governing New Frontier Party, sought to consolidate conservative support by mentioning the cares expressed about a possible North Korean nuclear test and the planned satellite launching.

The spy agency, which denies meddling in domestic politics, declined to comment on the opposition's allegation.

North Korea's planned satellite launching, scheduled for sometime between Thursday and next Monday, had already deepened international tensions. The United States and its allies have warned that launching a missile would further isolate the North by prompting more severe enforcement of international sanctions.

North Korea has repeatedly signaled its determination to launch the satellite.

The South Korean government spokesperson also confirmed that the latest satellite images showed all three stages of a rocket placed on the North's launching pad, in a departure from the Yongchang-ri launching site. The unnamed Press also confirmed that the rocket was in position. The AFP's correspondent saw among the foreign reporters invited to observe the launching. AFP, YNI

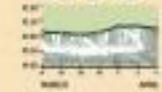
Editor Raoul D. Morales • Assistant Editor Connie S. Mariano

BUSINESS

PAL, AirPhil set refleeting programs

INDICATORS

PESO-DOLLAR RATE
April 4, 2011
42.800



STOCK MARKET
April 4, 2011
17.56

Business confidence slips back

PHILIPPINE business confidence has slipped back 6.0 index points to 130 since September, according to the global Ropes Business Confidence Index. Companies reporting revenue growth decreased, reaching 66 percent compared to 82 percent six months ago. Companies reporting profit growth (10 percent) also fell 7 percentage points.

Mindful of the need to cushion costs in the quest for sustainable growth, businesses identified a shorter supply chain, increasing use of flexible workspace and greater use of cloud IT applications as the most effective cost-cutting measures for the coming months.

Looking back, Filipino firms identified making permanent staff redundant (58 percent) as the main reason for corporate distress during the downturn, followed by paying for unnecessary office space (36 percent).

Respondents identified a shorter supply chain (51 percent), increasing use of flexible workspace (49 percent) and greater use of cloud IT applications (42 percent) as the areas where companies could make savings without damaging growth prospects.

BUSINESS 2/1

San Miguel chief says project can cost up to $1B

By Doris C. Dumlao

PHILIPPINE Airlines, which recently took in the San Miguel Corp as a new investor, is seen investing as much as $1 billion for a fleet modernization program that will make the storied flag carrier more competitive.

Ramon S. Ang, president of SMC who signed a deal last week to acquire 49 percent each of PAL Holdings and Air Philippines Corp., said the conglomerate welcomed "the opportunity" to participate in the refleeting and modernization plans of the two airlines."

In total dollars, Ang said the fleet modernization would cost at least $500 million to as much as $1 billion.

The $500-million minimum requirement is what SMC is retaining into several holding firms

PAL, B2

Energy agency pushes approval of RE projects

By Amy R. Remo

CONTRARY to critics' claims, the Department of Energy has not been remiss in its mandate to boost the local renewable energy (RE) sector as it even targets to sign at least 15 service contracts every month or a total 180 contracts for this year.

However, Hans Mesinggit, director of the DOE's energy utilization and management bureau, admitted in an interview that the department did not meet its quota for January and February this year. He expressed confidence that the DOE would be able to meet the total quota set for 2011.

Mesinggit explained that the DOE was swamped with documents to evaluate as those developers who have been granted service contracts back in 2009 and 2010 were now coming back to the DOE either to apply anew and proceed with the development stage or give up the area. The wait or, top of the new applications being evaluated by the agency.

As of Jan. 9 this year, there were 222 pending applications for renewable energy service contracts. These proposed projects were expected to generate as much as 3,234.54 megawatts.

According to Mesinggit, the DOE was also busy busy with other preparations as it targets to bid out by the third or fourth quarter this year as many as 16 new and unexplored geothermal service hydro sites in Luzon and the Visayas for exploration and development.

Energy Undersecretary Jose Ma. Layug Jr. earlier explained that the government has decided to use the bidding model in granting renewable energy service contracts—as against the "first come, first served" scheme—as a bid to ensure a more level playing field for investors.

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BSP has room to cut rates to boost growth, BPI says

By Doris C. Dumlao

BANGKO Sentral ng Pilipinas officials may want to reconsider adopting a "neutral" monetary stance in the second semester, economists from Bank of the Philippine Islands said.

In a commentary dated April 4, Emilio Neri Jr. of the BPI Financial Markets Group research unit said that although headline inflation had declined below the 3-5 percent target range, markets are seen to continue pricing based on a neutral policy stance for the rest of the year.

"However, policymakers may realize that a 5-percent growth rate for the Philippines is not only unrivaling, vis-à-vis our Asian neighbors, but also well below the country's growth potential," the research said.

The commentary was issued after last week's report that March inflation had further decelerated to 2.6 percent—lower than the consensus of 2.8 percent, the February figure of 2.7 percent and well below the BSP's full-year target of 3-5 percent for second month in a row.

But one factor that may lead the BSP to reconsider its policy stance in the second half, the report said, would be the slowdown of the first quarter 2012 GDP report by end-May seeing that this would provide a clearer picture of the true health of the domestic economy.

"Benign inflation prints for April and May would provide even more impetus on our policy front as an insurance against an outlier first quarter growth performance for the Philippines this year," the report said.

"Besides the manageable inflation path, recent economic reports show continued improvements in the economy and most analysts who have been very pessimistic about the outlook for the Philippines are now raising their forecasts for full-year growth to closer to 5 percent."

At the same time, the report said, uncertainties remain about the economy's growth, and doubts remain whether the Philippines can grow to its potential levels.

For one thing, it said, elevated oil prices remained a threat to the Filipino consumer.

"Higher crude prices have led to an increase in local pump prices, public transportation costs, and plans to jack up electricity prices. These (may) force the ordinary Filipino to spend less on consumer durables and other items that may jeopardize the country's industry sector," the report said.

French gov't joins digital TV discussion

By Paolo S. Montalbo

THE FRENCH Embassy in Manila has joined the fray in trying to convince television industry stakeholders to adopt the European digital TV standard as the Philippines moves away from analog broadcasting technology.

The embassy last month said it organized a Digital Video Broadcasting-2 (DVB) Symposium for members of the National Telecommunications Commission body tasked with choosing the best digital standard for the Philippines.

In a statement, the French Embassy reiterated that the DVB-2 standard from Europe was technically superior to the Integrated Services Digital Broadcasting (ISDB) standard from Japan.

The government is currently choosing between the two platforms.

Silkan Thomas, an engineer from French broadcast regulatory body Conseil Supérieur de l'Audiovisuel, said the DVB-2 standard allowed for the transmission of more data at a faster rate to networks and consumers.

Thomas said the new technology in the DVB-2 standard allowed for "added robustness, increased bandwidth and efficiency of the system" that are not possible with the ISDB platform.

Aside from Japan and several countries in Latin America, the ISDB standard is used nowhere else in the world.

The use of digital broadcasting is seen to provide a better image and sound quality as well as more channels for television viewers. Networks will also be able to send more data while using the bandwidth of the radio frequency.

The Bradford MBA in Manila

Business

From page B1

Filipino firms reported than a wider distribution of customers (47 percent) and increasing flexible workspace (35 percent) would make the greatest contribution to enhancing income resilience as a platform for growth.

Globally, the Institute Confederation Business (ICB) is creating more value for small businesses (SME) than for large firms (LGE).

William Wilkins, regional vice president of the Regus Group for Australia, New Zealand and South East Asia said: "Although untouched by the significant setback reported by the index in other global economies between March and September 2011, Filipino business confidence has now suffered a slight dip.

Rise in domestic demand to fuel GDP growth

By Rainier M. Dumlao

DOMESTIC demand is seen to push the growth of gross domestic product in 2012 as progress in public-private partnership (PPP) projects is expected to show impact on investments by the second semester.

In a research note, the BDO Group said domestic demand would get a boost from higher government spending, resilient private consumption and the expected increase in investments as contracts for big-ticket PPP projects get awarded.

"Coupled with an accommodative monetary policy, domestic demand is projected to contribute 5.5 percentage points to headline growth this year," the Singapore-based group said.

Those, along with other positive contributors to growth and counterbalanced by negative contributors, would result in a GDP expansion of 4.2 percent in 2012, as projected by DBS earlier this year.

The financial services provider, however, said a post-expo opportunities might drag the country's economic growth. Exports, it said, were expected to share off 5.4 percentage points from this year's GDP growth.

For the first semester of 2012, DBS said government spending should link up "by several notches" as Malacañang continues to overhaul disbursements.

"In most other states, [a] surge in spending will be viewed negatively," DBS said. "However, in the case of the Philippines, this is a welcome relief as it implies that the budget disbursement at last branch has probably been cleared."

DBS added that with the budget deficit for 2012 set at 2.0 percent of GDP as opposed to the 2 percent recorded in 2011, expansionary fiscal policy (increase in government spending) is set to persist in the coming quarters before government spending gets reined in for 2013.

Earlier, DBS said it expected the Philippine GDP to grow by 4.2 percent this year on the assumption that the global economy demand for the country's exports will start to stabilize by mid-2012 and government spending will be accelerated.

It added that while the economy continued to be buffeted by external headwinds, the impact should not be as bad as the global financial crisis in 2008/2009.

"We expect Locsin-led to government spending in 2013 is a key reason why we see growth higher this year as compared to 2011," it said. "Moreover, the much-touted (PPP) projects should also play a part in boosting government spending this year."

PPP projects to start showing positive impact

PNOC-EC taking over CNG facilities of Shell in PH

By Amy R. Borre

PNOC EXPLORATION Corp., the upstream oil and coal arm of state-run Philippine National Oil Co., is set to finally take over the compressed natural gas (CNG) facilities of Shell Companies in the Philippines.

In a briefing last week, PNOC EC chair Geronimo Lopez Jr. said the company would sign tomorrow three memoranda of agreement that will allow it to revive the failed Nasugbu and Cavite CNG projects for Public Transport (PASUPPT) of the previous administration.

"PNOC EC is ready, willing and dependable to take the lead to the natural vehicle gas program," Lopez said.

The three agreements to be signed on Wednesday among the Energy Undersecretary Jose Ma. Layug Jr., will be for the transfer to PNOC EC of the four set of modules and daughter CNG stations in Batangas and Laguna, which are owned by Shell, assignment of gas sales contract with the Malampaya consortium from Shell to PNOC EC, and for the arrangement with the operators.

PNOC EC plans to spend about P400 mil. lion to put up an additional CNG refilling station in Batangas and another set of module and daughter CNG stations by 2013.

Joseph Omar A. Tanabe, PNOC EC vice president for the business operations division, said it said the daughter (refilling) CNG station in Batangas would be constructed at cost as the agreement is now signed. The facility will take six months to build, he added.

PNOC EC also targets to replace the outstanding taxi being used by the existing modules and daughter stations.

The government acquisition of the CNG facilities was expected to revive the failed seven-year natural gas for transport program of the previous administration and push forward the use of this alternative fuel through a different approach.

The government has long been pushing for the use of alternative fuels such as natural gas, as this can help address spiraling fuel prices in the long run, expected diminishing petroleum supply and the looming environmental problems such as climate change.

BANK OF THE PHILIPPINE ISLANDS
Makati City, Metro Manila

NOTICE OF ANNUAL STOCKHOLDERS' MEETING
April 10, 2012

To The Stockholders:

Pursuant to Article IV of the Amended By-Laws of the Bank of the Philippine Islands (BPI), the annual meeting of the stockholders of BPI will be held at the Board Radisson, Hotel Intercontinental, Makati City, Metro Manila, on Thursday, April 19, 2012 at 3:00 P.M. for the transaction of the following business:

1. Calling of meeting to order
2. Certification of notice
3. Determination and declaration of quorum
4. Approval of the minutes of the annual meeting of the stockholders on April 14, 2011
5. Reading of annual report and approval of the Bank's Financial Statements as of December 31, 2011 incorporated in the annual report
6. Approval and confirmation of all acts during the past year of the Board of Directors, Executive Committee, and all other Board and management committees and officers of BPI
7. Election of 15 members of the Board of Directors
8. Election of external auditors and fixing their remuneration
9. Other matters

In accordance with Article III of the said Amended By-Laws, the Stock and Transfer Book of BPI will be closed from March 20, 2012 to April 18, 2012. Only Stockholders of record as of March 20, 2012 will be entitled to notice and to vote at this meeting.

If it will be inconvenient for you to attend the meeting, you may at your option appoint another person to represent you, thereof by means of a proxy, which should be submitted to the Office of the Corporate Secretary of BPI, 19th Floor, BPI Building, Ayala Avenue corner Paseo de Roxas, Makati City, Metro Manila not later than 5:00 P.M. of April 04, 2012. Validation of proxies shall be held at the same office on April 12, 2012 at 4:00 P.M.

When signing as attorney-in-fact, executor, administrator, guardian, or in any other representative capacity, please give full title and file papers showing your authority.

FOR THE BOARD OF DIRECTORS

(Sgd.) CARLOS B. AQUINO
Corporate Secretary

Globe

NOTICE OF ANNUAL STOCKHOLDERS' MEETING

NOTICE IS HEREBY GIVEN that the annual meeting of stockholders of GLOBE TELECOM, INC. will be held at the Grand Ballroom of the Hotel InterContinental Manila, Ayala Center, Makati City on Tuesday, April 17, 2012 at 9:00 A.M. with the following

AGENDA

1. Determination of Quorum
2. Approval of Minutes of Previous Meeting
3. Annual Report of Officers
4. Ratification of All Acts and Resolutions of the Board of Directors and Management Adopted During the Preceding Year
5. Election of Directors (including the Independent Directors)
6. Election of Auditors and Fixing of their Remuneration
7. Consideration of Such Other Business as May Properly Come Before the Meeting
8. Adjournment

Only stockholders of record as of February 24, 2012 are entitled to notice of, and to vote at, this meeting.

Mandaluyong City, February 13, 2012.

GUILLERMO ARMADA
Corporate Secretary

NOTICE TO ALL UNIT OWNERS, LESSEES AND BUYERS IN CAMP JOHN HAY

The Government, through the **Bases Conversion and Development Authority (BCDA)**, wishes to inform unit owners of the Manor Hotel, Suites Hotel, Log Homes, Cottages and other properties in Camp John Hay, Baguio City, that:

- BCDA filed a criminal case for estafa (swindling) against Robert John Sobrepena and other officers of the Camp John Hay Development Corporation (CJHDevco) for the double sale of a Log Home in Camp John Hay.

- The property was given by CJHDevco as payment-in-kind to BCDA as part of the settlement of its debt which now totals 2.9 billion pesos. CJHDevco deliberately and fraudulently withheld from BCDA the fact that it had previously sold the property to another party.

- The Housing and Land Use Regulatory Board (HLURB) issued a notice of violation to CJHDevco after it discovered that the lessee has been selling and advertising CJH Suites units without securing the required permits.

BCDA has also received several reports of questionable business practices of CJHDevco and its affiliates including non-payment of owners' dividends from their leaseback arrangements, the delay in the turnover of units despite full payment of the owners, and entering into contracts with sub-lessees beyond CJHDevco's 25-year lease period.

Please be informed that the lease agreement between the government and CJHDevco is only for a period of 25 years, which would end on October 18, 2021, unless sooner terminated for cause. After which, all properties will be turned over to the government.

To protect the public against fraudulent schemes, BCDA is encouraging all unit owners, buyers and lessees to contact the following:

Phone number: +632 816-0990
Fax number: +632 816-0917
Email address: johnhay@bcda.gov.ph

Show proof of ownership or leasehold right, and supporting documents such as receipts, original copy of limited warranty deeds and others, in order to properly document all transactions concerning the properties within Camp John Hay.

BCDA bids out masterplanning of Clark Special Economic Zone

THE STATE-OWNED Bases Conversion and Development Authority (BCDA) began the competitive bidding process for the master planning of some 36,000 hectares of the Clark Special Economic Zone (CSEZ) that when completed will make Clark a beautiful, highly integrated, high-tech, green community where dwellers in Global City meets Silicon Valley amidst a lush greenery.

Atty. Arnel Paciano D. Casanova, BCDA President/CEO and Director of the Clark Development Corporation (CDC), said the bidding for the Comprehensive Master Development Planning of the 36,000 hectares of the CSEZ is ongoing and aims to produce a new Master Development Plan for the CSEZ that is marketable, effective, viable and in harmony with the present, current and planned developments for CSEZ.

Casanova said this mega project is envisioned to set the pace of socio-economic development in Central Luzon.

"We want to bring to the maximum value, as well as the equitable and inclusive economic benefits to the region by implementing a comprehensive master development plan, together with all stakeholders and LGU's in Pampanga and Tarlac," Casanova revealed.

Casanova said that although there are various existing master plans for CSEZ, the renewed investor confidence brought about by the Aquino Administration has resulted in favorable market conditions that were not present in the past and needs to be exploited and maximized in order to accommodate more investments and jobs for the Filipino people.

"There is a need to update and integrate all development plans in the context of the recent market trends in the domestic and international setting," Casanova pointed out.

He said the new master plan for the CSEZ will position Clark as the investment destination in Southeast Asia.

The master plan also involves a development plan that provides the following thrusts:

• Adoption of a Green Building System that would promote sustained energy efficient and technologies from architectural design to the construction of the buildings;

• Use of renewable energy in all building and facilities, to be derived from consuming sources;

• Provision of a clean and affordable public transportation system that would promote usage of cleaner burning fuels;

• Preservation of public wealth by producing and cultivating locally grown organic foods and prevention of adequate access to safe potable water by protecting the existing aquifer of the city's primary water resource;

• Provision of a state-of-the-art telecommunications infrastructure which shall implement a communications/internet network system designed to perform all communications functions;

• Provision of a disaster to accommodate facilities for the development of cutting-edge technology which shall house laboratories for computer innovations and to position the area land for high-tech investments; and

• Protection and maintenance of natural habitats, its corridors and other key habitat characteristics, such as water features, food-bearing plants, shelter for wildlife, native species.

"We will be master planning for the city of the future," Casanova said.

CJHDevco paid dividends while claiming losses

THE BASES Conversion and Development Authority (BCDA) owned Subic-based Camp John Hay Development Corporation (CJHDevco) is open to books to the state agency to prove its claimed financial losses.

BCDA president and chief executive Arnel Casanova called on CJHDevco officials to be "true to their word and open the company's books to the government."

He pointed out that BCDA officials are determined to collect from the delinquents losses because "we are stewards of public property."

Casanova pointed out that CJHDevco really owes the people of the Philippines and the people of Baguio, and collections from the firm would be funds that would finally go to development projects that have been long overdue.

CJHDevco officials were quoted in published reports saying, "We are prepared to show our books," the CJHDevco statement said.

Casanova also revealed that CJHDevco has violated several laws while operating in the BOEZ, including the non-filing of audited financial statements with the SEC since 1996.

"It is a good thing that the Bases Conversion and Development Authority has resolved to subpoena the books of CJHDevco to compel its officials to show the firm's financial records to the government," Casanova stated.

CJHDevco currently owes P1 billion in unpaid rent to BCDA. On trade agency governing the BOEZ, CJHDevco stopped paying its rent to BCDA as early as 1997, the second year of its stay in the BOEZ, claiming that it was experiencing operational losses.

While claiming losses, CJHDevco actually released audited financial statements to its shareholders that show that in 1998, the losses declared a total of P172 million to dividends to its stockholders in 1999, it declared a total of P350 million in dividends, and another P209 million of dividends on the year 1998. Among these years, they have not paid their lease rentals to the BCDA.

"How can they claim losses during those years while they have been declaring dividends?" Casanova pointed out.

He added that the owners of CJHDevco is obviously trying to exploit government by extraordinary property to generate revenues for themselves without paying their loan to the Philippine government.

CJHDevco is chaired by Robert John Sobrepeña, who owns Fil-Estate Corporation. The Sobrepeña group also owned and managed the Undersea Resort Park (USP) and the Metro Rail Transit Development Corporation (MRTDevco). USP has failed to give the educational benefits to its hundreds of thousands of shareholders who had invested in the company for the refuge education of their children. MRTDevco, on the other hand, owes more than P4 billion to the Department of Transportation and Communications (DOTC).

CJHDevco has stopped submitting its audited financial statements to the Securities and Exchange Commission (SEC) in 2000, when BCDA discovered that the company has been declaring dividends to its stockholders.

"This is inconsistent with their claims of losses," Casanova pointed out, adding "we have records to show that they have been earning while operating in the BOEZ."

Casanova pointed out that these violations of government regulations are the main reasons the lessee has not been able to acquire permits for operating in the BOEZ.

"BCDA is a government agency so we require all our subsidiaries to comply with government laws," Casanova said adding "We cannot grant permits to a lessee which has not been filing its income tax returns and has a string of violations to government laws."

Housing Board issues violation notice to CJHDevco

THE HOUSING and Land Use Regulatory Board (HLURB) issued a notice of violation to the Subic-based Camp John Hay Development Corporation (CJHDevco) for selling lots and units in the Camp John Hay Suites without first securing the required permits.

The notice was issued after the HLURB's Adjudication and Monitoring Division conducted an investigation and discovered that CJHDevco has been advertising the Suites in their website despite lack of permits such as Development Permits, Certificate of Registrations, Licenses to Sell and Advertisement Approval.

Several private individuals have also complained to the HLURB about the questionable business practices of CJHDevco in Camp John Hay, because there are reports that the Subi-based firm is engaged in fraud and recruiting.

A number of legal cases have been filed by buyers of CJH Suites units due to the delay in the turn-over date of their units. The complainants have also questioned the authority of CJHDevco to act as such at the Suites.

CJHDevco said its sole activity was likewise embroiled in another controversy early this year alongside the John Hay Special Economic Zone (JHSEZ), including an evasion case for the double sale of Log Home #9 and a case of grave threat against Jay Ilagan, its ex-agency head for illegally occupying government property in the premises.

The HLURB served notice to CJHDevco that they are in violation of Presidential Decree No. 957, Letter from projects subdivision and condominium buyers from fraudulent sellers and developers, by the letter HLURB said that permits are "required to the executive power to construct use and selling activities within the said project.

The HLURB ordered CJHDevco to submit a report on the sales of the CJH Suites and explain the reasons for selling the units despite the lack of permits.

CJHDevco is owned and managed by Fil-Estate Corporation, chaired by Robert John Sobrepeña. The Sobrepeña group is involved in other cases with private individuals who have been victimized by the pre-need company College Assurance Plan, and has disputes with a number of government agencies such as the Department of Transportation and Communications, and the Bases Conversion and Development Authority, for non-payment of debts that have already reached billions of pesos.

BCDA Building Communities, Development for All.

In 2012, BCDA marks two decades of solid accomplishments, accelerating socioeconomic development as it continues to build lives and help shape the destiny of a nation.

From military bases to economic bastions.

BCDA has transformed vast tracts of military boardom into thriving business centers and vibrant communities. With the integrated development of the special economic zones under its stewardship – Clark Freeport Zone, John Hay Special Economic Zone, Poro Point Freeport and Special Economic Zone and the Bataan Technology Park – BCDA relentlessly pursues the grand vision of inclusive development for Luzon and the nation beyond for this nation.

From infrastructure to growing communities.

As the major force behind the construction and operation of a network of roads, airports, and seaports – including the Subic-Clark-Tarlac Expressway, Clark International Airport, San Fernando Airport and Poro Point Seaport – BCDA links people, businesses, and communities, propelling investor confidence and a more expansive economic growth.

Building cities and reinventing communities.

BCDA has also been at the forefront of building cities and reinventing communities in the sprawling Davao-to Global City and in Bonifacio City at the heart of Metro Manila, upholding their mixed-use as models of efficient land use for human development.

On its 20th year, BCDA continues to embark on promising endeavors with the mission of pushing forward the country's economy – driven by integrity, excellence and stewardship and anchored on transparency and good governance.

BCDA @ 20. Building Communities. Development for All.

Republic of the Philippines
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Bases Conversion and Development Authority
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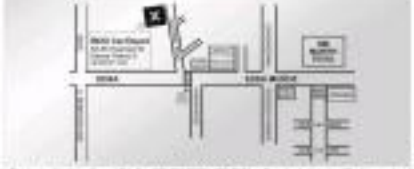

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OBITUARIES

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On the 16th Death Anniversary of

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August 7, 1931 – April 11, 1996

We fervently implore until the broken stones and mortars repeat the prior wishes a reminder for in their prayers.

Holy Mass will be offered on April 11, 2012, Wednesday at the following churches:

SANTUARIO DE SAN ANTONIO	6:30 A.M.
Nothing Road, Forbes Park, Makati City	7:30 A.M.
	12 Noon
ST. ALPHONSUS MARY DE LIGUORI PARISH	6:30 A.M.
Magallanes Village, Makati City	12 Noon
	6:00 P.M.
ST. JOHN BOSCO (DON BOSCO CHAPEL)	6:30 A.M.
Pasay Road, Makati City	7:00 A.M.
	12 Midnight
	6:00 P.M.
OUR LADY OF MT. CARMEL SHRINE	6:00 A.M.
Cuba Josa Rodriguez St., San Mig. Vill.	7:00 A.M.
	6:00 P.M.
CHRIST THE KING PARISH	6:00 A.M.
Gilmore Avenue, Quezon City	7:00 A.M.
	6:00 P.M.
SANTUARIO DE SAN JOSE	6:30 A.M.
Greenhills East, San Juan City	7:30 A.M.
	6:00 P.M.
MARY THE QUEEN PARISH	6:00 A.M.
Greenhills West, San Juan City	7:00 A.M.
	6:00 P.M.
SANTUARIO STELLA MARIS CHAPEL	7:00 A.M.
University of Asia and the Pacific, Pasig City	12:00 Noon

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DEPARTMENT OF SOCIAL WELFARE AND DEVELOPMENT

INVITATION TO BID FOR

Supply and Onsite Delivery of Computer Systems for Set 5 Areas of Parliament Pandan
ITB No. DSWD-PDT-24-12-04

The Department of Social Welfare and Development Field Office VII (DSWD-FO VII), through the FY 2012 General Appropriations Act thereby to apply the sum of (Amount in Words) Sixty Four Thousand Pesos Only (Php 64,000.00) being the Approved Budget for the Contract (ABC) to prospective under the contract for Supply and Delivery of Computer Systems for Set 5 Areas of Parliament Pandan. Bids received in excess of the ABC shall be automatically rejected at bid opening.

The DSWD-FO VII now invites suppliers and dealers of IT hardware and software with local office and service centers to bid for the supply of project proponents and authorized suppliers, performances. Phase IV hardware and software products [illegible] Computer systems of the Barangay Parliament Pandan Lapu-Lapu City, Cebu. Bidders interested to participate must have completed similar contracts in the last three (3) years from the date of submission and receipt of bids, a contract similar to the Project. The description of an eligible bidder is contained in the Bidding Documents, particularly, in Section II. Instructions to Bidders.

Bidding will be conducted through open competitive bidding procedures using a non-discretionary "pass/fail" criterion as specified in the Implementing Rules and Regulations (IRR) of Republic Act (RA) 9184, otherwise known as the "Government Procurement Reform Act".

Bidding is restricted to Filipino citizens/sole proprietorships, partnerships, or organizations with at least sixty percent (60%) interest or outstanding capital stock belonging to citizens of the Philippines, and to citizens or organizations of a country the laws or regulations of which grant similar rights or privileges to Filipino citizens, pursuant to RA 5183 and subject to Post-Disqualification.

Interested bidders may obtain further information from the Bids and Awards Committee Secretariat at DSWD-FO VII and inspect the Bidding Documents at the address given below during office hours.

A complete set of Bidding Documents may be purchased by interested bidders on April 9, 2012 from the address below and upon payment of a non-refundable fee for the Bidding Documents in the amount of Two Thousand Pesos (₱2,000.00).

It is the duty of all prospective bidder of change from the website of the Philippine Government Electronic Procurement System (PhilGEPS) and the website of the Procuring Entity, provided that bidders shall pay the non-refundable fee for the Bidding Documents not later than the submission of their bids.

Interested bidders may refer to the table below for the schedule of bidding activities:

Issuance of Bid Documents	April 9 to 23, 2012
	8:00 A.M. - 5:00 P.M. Office located at the Ground Floor
Pre-Bid Conference	April 16, 2012
	10:00 A.M.
	Venue: Conference Room
Deadline for Submission of Bids	April 23, 2012
	9:00 A.M. (Must be there)
	Venue: BAC Secretariat Office (BS Cabinet) 4th Wing
Opening of Bids	April 23, 2012
	10:00 A.M.
	Venue: Conference Room

The DSWD-FO VII reserves the right to accept or reject any bid, to annul the bidding process, and to reject at any time prior to contract award, without thereby incurring any liability to the affected bidder or bidders.

For further information, please refer to:

Victor S. Sulong
Head, BAC Secretariat
Lapid Fleet Office VII
NH Cebuana Lhuillier Ave. Condo City
Tel. No. (032) 416-6851 to 6857
E-mail: [illegible]
Fax No. (032) 411-0408
Website: www.dswd.gov.ph

(Sgd.) ANNALENE MARIE S. LAXINA
Chairperson, BAC

DSW - April 10, 2012

DEPARTMENT OF SOCIAL WELFARE AND DEVELOPMENT

INVITATION TO BID FOR

Provision of Board and Lodging and Function Amenities for the Training on Social Risk Management for Yolanda Victims
ITB No. DSWD-PDT-26-12-11

The Department of Social Welfare and Development (DSWD), through the FY 2012 General Appropriations Act intends to apply the sum of Two Million Two Hundred Forty Two Thousand Five Hundred Pesos (₱2,242,500.00) being the Approved Budget for the Contract (ABC) to prospective under the contract for Provision of Board and Lodging and Function Amenities for the Training on Social Risk Management for Yolanda Victims. Bids received in excess of the ABC shall be automatically rejected at bid opening.

The DSWD-FO VII now invites bidders to submit their bids for Board and Lodging and function amenities of participants in the Conference with five (5) days accommodation as listed. Details of goods and services shall be as the following:

Batch No.	Duration	Expected No. of Pax
1	May 14-18, 2012	50 pax
2	May 21-25, 2012	50 pax
3	May 28-June 1, 2012	50 pax

Bidding is restricted to Filipino citizens/sole proprietorships, partnerships, or organizations with at least sixty percent (60%) interest or outstanding capital stock belonging to citizens of the Philippines, and to citizens or organizations of a country the laws or regulations of which grant similar rights or privileges to Filipino citizens, pursuant to RA 5183 and subject to Post-Disqualification.

Interested bidders may obtain further information from the Bids and Awards Committee Secretariat at DSWD-FO VII and inspect the Bidding Documents at the address given below during office hours.

A complete set of Bidding Documents may be purchased by interested bidders on April 10, 2012 from the address below and upon payment of a non-refundable fee for the Bidding Documents in the amount of Two Thousand Pesos (₱2,000.00).

It is the duty of all prospective bidder of change from the website of the Philippine Government Electronic Procurement System (PhilGEPS) and the website of the Procuring Entity, provided that bidders shall pay the non-refundable fee for the Bidding Documents not later than the submission of their bids.

Interested bidders may refer to the table below for the schedule of bidding activities:

Issuance of Bid Documents	April 10 to 24, 2012
	8:00 A.M. - 5:00 P.M. Office located at the Ground Floor
Pre-Bid Conference	April 17, 2012
	10:00 A.M.
	Venue: Conference Room
Deadline for Submission of Bids	April 24, 2012
	9:00 A.M. (Must be there)
	Venue: BAC Secretariat Office (BS Cabinet) 4th Wing
Opening of Bids	April 24, 2012
	10:00 A.M.
	Venue: Conference Room

The DSWD-FO VII reserves the right to accept or reject any bid, to annul the bidding process, and to reject at any time prior to contract award, without thereby incurring any liability to the affected bidder or bidders.

For further information, please refer to:

Victor S. Sulong
Head, BAC Secretariat
Lapid Fleet Office VII
NH Cebuana Lhuillier Ave. Condo City
Tel. No. (032) 416-6851 to 6857
E-mail: [illegible]
Fax No. (032) 411-0408
Website: www.dswd.gov.ph

(Sgd.) ANNALENE MARIE S. LAXINA
Chairperson, BAC

DSW - April 10, 2012

CHED Chair, Sec. Patricia B. Licuanan, (wire) and co-authored and co-sign of CHED Memorandum Order (CMO) No. 4 Series of (20 2) on Service Management, to Alfredo E. Apolo, Chair of the Business Processing Association of the Philippines (BPAP). CMO No. 4 allows higher education institutions (HEIs) to embed the Specialization Track in Service Management for Business Process Outsourcing among the electives of bachelor of science courses in business administration or business management. BPAP worked closely with CHED to be reach the approval of the CMO to allow the Service Management program to be offered as early as school year 2012-2013. Present at the occasion were, from left to right: Oliver Fernandez of CHED's Office of Policies and Standards; Penny Bongolan, BPAP Executive Director for Talent Development; Penny Bongolan; Gillian Virata, BPAP Senior Executive Director; Ayesa Sen. Licuanan; Benedict Hernandez, BPAP President and CEO; Amy Cumaling; Helen Guno, Director III of CHED Legal Service; and Dr. Emmanuel Rivera, Director IV, CHED Office of Programs and Standards.

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REAL ESTATE FOR RENT
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Power companies urged to put up more facilities

Stock offerings in the offing

MARKET RIDER

Dona Szamosvari

TO BE reckoning, at least three companies have formally applied for Initial Public Offering (IPO). These are GT Capital Holdings Inc., First West Banking Corp. and Cebu Corp.

GT Capital Holdings is the flagship company of banking tycoon George S. K. Ty. First West Bank is the banking arm of the equally investment-diversified Gotianun family. Cebu is the agricultural products distributor formerly known as Planters Choice Agro Products Inc.

Two companies are also waiting in the wings for the Securities and Exchange Commission (SEC) to clear some disposable provisions.

New LBI rule highlights

On the subject of valuation, the applicant company is now required to determine the initial listing price of its securities on the listing date. Said price must be duly supported by a fairness opinion prepared by an independent and reputable firm duly registered or licensed by the SEC and accredited by the PSE, the criteria for accreditation of these firms (which include investment banks, financial advisory firms, and accounting firms) are provided in the new guidelines.

As for the underwriting of the shares, the PSE requires that the applicant company's existing shareholders who own at least 10 percent of the applicant company's issued and outstanding capital, the following guidelines will apply: 180 days for the First Board; 360 days for the Second Board and two years for the SME Board. The date of the lock-up begins on the listing date.

On the issuance's prescribed trading board lots, this will be lifted on the listing date but will be reinstated the following day. This rule is made to allow the market forces to determine the price of the securities of the applicant company.

Also under the new rules, to ensure compliance with the mandatory public offering requirement of applicant companies, the PSE will impose any one or a combination of the following sanctions should the company fail to conduct the mandatory public offering within one year from listing: fine, penal the trading of the company's securities, sanction the company by, among others, doubling the annual listing maintenance fees payable by the company, or subject to the provisions of the Corporation Code and the rules and regulations of the SEC, require the company to buy back its securities within 90 days from the lapse of the one-year period and delist the company's securities.

Finally, the new rules also specifically prohibit a backdoor listing prior to the conduct of the mandatory public offering to prevent any abuse of the rules by avoiding of its benefits whether as a form this intention to carry out the company's business plans.

IPO for April

Taking center stage for the month is the mid-tier public offering of GT Capital Holdings Inc. About 7% percent of the offer is expected to be sold to international investors. The balance will be sold locally.

For the local portion, the offer period will start on April 18. It will end on April 22 for ordinary investors subscribing through the underwriting or trading participants; it will be April 18 for those subscribing on "Local/Small Investors" (LSI). Listing is scheduled on April 29.

As disclosed last April 5, the offer price is P466 a share. This is about 12.5 percent lower than the earlier set indicative price of P520.

The public offering will involve a total of 41,217,000 shares, consisting of 23,000,000 new or primary common shares and 8,217,000 existing common shares to be offered by current stockholders Arnaz Securities Corp. and Yuto Securities Corp. Another 6,000,000 common shares will be available as part of the "over allotment option" granted to the underwriting agreement of the public offering.

Part of the international offer is 20,852,130 common shares. The rest of 8,243,870 common shares intended for PSE brokers or trading participants and 4,121,750 common shares for LSIs have participated in the offer.

For reasons may raise about P536 million. This will be the country's biggest IPO since Cebu Air Inc.'s record share sale in December which raised about $600 million.

Bottom line spin

One purpose of the public offering is to further increase GT Capital's float-term stake in property builder Federal Land Inc., as well as bind various real-estate property. As of Dec. 31, 2011, Federal Land, through its subsidiaries, has a land bank comprising 1003 hectares.

Another thrust is the plan of GT Capital to increase its direct ownership in Global Business Power Corp. (GBP), an affiliate of Global Business Holdings Inc. (GBH).

With this move, GT Capital is expected to have direct holdings in GBP up to 11 percent by the end of 2012.

The capital is expected to enable the first year of full consolidation of this new strategic investment by 2013, together with the output of Pinoy Energy Development Corp. ("PEDC") and GEDC—GBP's two largest power generation subsidiaries, which own power plants with a combined installed capacity of 410 MW.

Aside from real estate and power generation, GT Capital has investments in banking, through a 25.1 percent interest in listed Metropolitan Bank & Trust Co. (listed on the PSE since 1981 under the trading symbol "MBT"), in automobile manufacturing via a 23 percent stake in Isuzu Philippines Corp., and 25.5 percent in Philippine AXA Life Insurance Corp.

MBT along with its subsidiaries and associates (the "MBT Group"), was the second largest Philippine bank by asset size, net loans and receivables, and total deposits, with assets of P956.1 billion, net loans and receivables of P602.8 billion and total deposits of P686.1 billion as of Sept. 30, 2011.

On Dec. 31, 2011, it became the third largest Philippine bank by market capitalization (P143.53 billion, $3.3 billion).

(The writer is a licensed stockbroker of Regis Equities, Inc. You may reach the Market Rider at marketrider@inquirer.com.ph, dos_szamosvari@msn.com or at www.blogspot.com)

Gov't must compel firms to meet rising demand

By Amy R. Remo

THE GOVERNMENT must encourage power generation companies to ramp up new facilities that will generate the much needed additional electricity whether by "incentives or compulsion" to help ease the country's tight supply.

Manuel V. Pangilinan, president and chief executive officer of power distributor Manila Electric Co. (Meralco), stressed the need for developers to build new and more power plants to enable the country to meet the increasing demand for electricity.

"The gaps not only for Meralco, which is currently building a P2.5-billion 1,300-megawatt power portfolio over the medium term, but for all other players as well.

According to Pangilinan, having more facilities will "bode well in Meralco's goals of helping the government bring down power rates.

As it is, Meralco has found ways to negotiate for power supply contracts with generation companies that will benefit the customers. However, the utility can only negotiate as much given the tight power supply.

Pangilinan has already said that Meralco expects electricity supply to be "barely eight" in two to three years' time should the growth in demand continue for a prolonged period.

The sales volume in January this year rose by 9 percent compared to the same month last year, driven mainly by new connections from the commercial and industrial sectors, and from organic growth.

Meanwhile, Pangilinan said that incentives like the feed-in-tariff (FIT) mechanisms are not expected to "move the needle" because renewable energy sources are expensive and will not be able to provide large baseload capacities that are needed to provide stable and adequate power supply to the country.

"How large a wind farm or a solar plant can you build? It's small, say 50 MW to 60 MW? We need many (capacity) than that. It's not gonna solve the power supply problem, but it will sort of help. But it will be expensive," Pangilinan explained.

He noted that there is a premium that comes with using environment-friendly renewable energy resources. While he does not have a problem with it, Pangilinan noted that consumers must be willing to pay for higher rates should they source power generated from renewable energy sources.

The feed-in-tariff scheme, a much-awaited mechanism provided under the Renewable Energy Law, is among the most critical considerations in a renewable energy project. The scheme will determine if a project is economically feasible and viable.

There will likewise assure developers of future cash flows since electricity end-users will be charged fixed amounts to cover production of energy from renewable sources.

"But they willing to pay for it? The FITs are higher than traditional fuel sources. If they're willing to pay for more expensive power, then the country can build more solar plants and wind farms," he said. "That's not a problem. But you have to build a lot of these facilities to address the needs of the country. There's also a price for protecting the environment and this is it. So this country's got to make up its mind," Pangilinan further said.

Construction projects dropped 8.5% in Q4

By Raissel W. Dominguez

THE VALUE of private sector construction projects in the fourth quarter of 2011 fell by 8.5 percent year-on-year to P90.6 billion as growth in domestic output contracted to be feeble as opposed to the previous year, according to the National Statistics Office.

But NSO data also showed that the value of newly built residential and nonresidential structures—including additions and repairs—approved from October to December was 5.3 percent higher than the P81.6 billion recorded in the previous quarter.

Related data from the National Statistical Coordination Board showed that the construction industry jumped by 13.2 percent year-on-year in the fourth quarter last year based on 2000 prices.

The NSO said that, based on the number of approved building permits, fourth-quarter private construction projects went up by 7.8 percent year-on-year to 16,618 permits.

Compared with the previous quarter, the number of approved permits decreased by 2.6 percent from 25,215.

In yearly terms, residential projects alone rose in value by 7.1 percent to P24.3 billion, while the number of permits increased by 4.5 percent to 15,431.

With a total floor area of 2.6 million square meters, residential projects chalked up an average cost of P9,209 per square meter.

Single-type units continued to make up the most number of residential building projects with 11,422 approved permits, accounting for 98.4 percent of the total for residences.

Single-type units accounted for P11.2 billion, covering a total floor area of 1.4 million square meters at an average cost of P7,997 per square meter.

Apartments and accessories made up the second biggest batch with 1,940 approved permits, or 8.3 percent of all residential projects in the fourth quarter of 2011.

These projects were valued at P12 billion with a total floor area of 430,998 square meters at an average cost of P7,855 per square meter.

Nonresidential projects registered a total value P13.7 billion, down by 11.1 percent over the same quarter of 2010.

With 1.9 million square meters of floor area built, the average cost of nonresidential projects totaled P6,941 per square meter.

Institutional buildings represented P3.4 billion in construction spending, while industrial structures chalked up P3 billion.

SECURITIES AND EXCHANGE COMMISSION

IN THE MATTER OF THE
AYALA CORPORATION
Registrant

REGISTRATION OF SECURITIES

NOTICE

BOARD OF DIRECTORS

Name	Position
[illegible]	Chairman and Chief Executive Officer
[illegible]	President and Chief Operating Officer
[illegible]	Director
[illegible]	Director
[illegible]	Director
[illegible]	Independent Director
[illegible]	Independent Director

EXECUTIVE OFFICERS

Name	Position
[illegible]	Chairman and Chief Executive Officer
[illegible]	President and Chief Operating Officer
[illegible]	Senior Advisor
[illegible]	Executive Director, Chairman, President of Ayala Land, Inc.
[illegible]	Executive Director, President of Ayala Land, Inc.
[illegible]	Senior Managing Director
[illegible]	Chairman of Ayala Automotive Holdings Corporation
[illegible]	Senior Managing Director, President of Integrated Micro-Electronics, Inc.
[illegible]	President, Globe Telecom, Inc.
[illegible]	President, Bank of the Philippine Islands
[illegible]	Managing Director, Chief Executive Officer of Ayala Investments, Ltd.
[illegible]	Managing Director, Chief Executive Officer of Ayala Automotive, Inc.
[illegible]	Managing Director, Group Head of Corporate Strategy & Development
[illegible]	Managing Director, Chairman of Ayala Foundation, Inc.
[illegible]	Managing Director and Chief Finance Officer
[illegible]	Managing Director, Chairman of Ayala Corporation Advisory and Group Head of Legal and Compliance
[illegible]	Managing Director
[illegible]	Managing Director and Treasurer
[illegible]	Managing Director, Group Head of Corporate Resources
[illegible]	Managing Director
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LIFESTYLE Wellness

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■ The return of the triathlete /C4

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Your no-hype guide to diets

Here are the most popular weight-loss programs, and their pros and cons

Compiled by Nirmi A. Jaitlawala

ENOUGH with that indulgent recipe. The extra long Easter holiday is thin By now

If you're looking for a way to lose all that holiday weight but don't know which weight-loss program to follow, we have compiled a list of popular diets that might help you get started for eight decades.

DURAN dorenne J. Lo

DIET	DESCRIPTION	PROS	CONS
SOUTH BEACH DIET	A low-carb, weight-loss diet with three phases designed to make sweet-tooth cravings (Phase 1), steadily lose weight (Phase 2), and maintain ideal weight for life (Phase 3).	No specific banned foods or calories are measured; you choose — the diet is non-complex. Avoids bacon from consuming the food group known as dessert bread, and sounds good.	Phase 1 is very restrictive, so beware yourself for successfully losing extra stress.
		Dietitians have lobbied for how you don't have to worry about shunning your LDL. Consumption of unsaturated fat—mono products—is also healthy for your heart.	The Mayo Clinic says low-carb diets might cause your body to create an excess of acid and ketones, or a condition called ketoacidosis. Ironically, this diet can cause it in people with Type 1 diabetes.
		Exercise is called to give the regulating your levels.	It recommends exercise, but does not include it in their weight-loss plan—so you won't find out if you have an exercise qualification for the book. If you want to lose weight and improve your health, you need to squeeze in an exercise regimen. Besides, weight-loss programs recommend that almost always fail in the long run.
	Quick weight loss. Phase 1 can make you lose up to 13 pounds. (This can also be a bad thing.)		
	No starving. There's a set meaning and a lot of flexibility as well, so there's always food to fill your body.		Rapid weight loss. An eight loss of one to two pounds a week is recommended by good health.
ATKINS DIET	A no-sugar, high-protein, low-carb diet that promises weight loss without limiting hunger, and better heart health and memory function. Comes in four phases: Phase 1 (induction), the most restrictive and limited part of the program; Phase 2 (Ongoing Weight Loss), increasing carb intake every week by five grams; Phase 3 (Pre-Maintenance), continues increasing carbs (up to 10 grams per week); and Phase 4 (Maintenance), where you're allowed to maintain an amount of carbs to maintain weight.	Atkins is easy to set down to and the promised weight-loss programs, like chicken, bacon and other high-fat/meat-like products, cheese, and butter.	Expensive. Buying large amounts of meat can be more expensive than filling your belly with rice, pasta or set to pasta.
		No hunger pangs. There is no portion size limit, so you can eat until fullness helps to conveniently lose unwanted foods.	Might be ill. Atkins Diet followers can relieve and full-body diet start fall. But high-fat/protein/low-carb diets can stress your body's cholesterol, and can gain is why not good for you in the long run.
	Quick weight loss, especially in Phase 1. While most health practitioners do not recommend this, Atkins keeps its individuals because the calories your weight-loss process.		Restrictive, so certain foods are unpalatable. This can deprive you of antioxidants necessary to help you fight diseases, including cardiovascular diseases and cancer. The fiber-rich fruits and healthy sweet dreams!
	Some studies suggest Atkins can lower a person's risk for heart disease and correct the body cholesterol. (Other researchers claim the opposite.)		Cheating. The restrictive diet, atkins may serve you hunger pangs, you make you yearn for the forbidden. When you stay, this pounds but can sometimes very quickly.
DUKAN DIET	One of the most popular diets out there, the Dukan Diet is a protein-based diet that promises to "reshape your eating habits and help you permanently stabilize your weight," by other words, no more yo-yo dieting. Comes in four phases: Phase 1 (Attack), in which you start with 100 high-protein foods to immediate weight loss; Phase 2 (Cruise), until 32 veggies to help slowly you to lose weight; Phase 3 (Consolidation), designed to prevent rebound; Phase 4 (Stabilization), the phase you maintain for life to help you stay at your ideal weight, with a point-per-day Thursday menu variation in the Dukan phase.	Dukan Diet has a successful track record. Despite how is guaranteed 8 weeks.	Some people experience this, like symptoms or headaches, in Phase 1, but with use, diet, and constipation are reversing. Some people do that some sort of a phenomenal great sense, especially in an usage, regardless of the weight-loss program.
		Forget about counting calories and weighing food. There are some authentic foods to maintain for a lifetime for most people. That use is adaptive to follow.	Phase 1 and Phase 2 are restrictive, so be after you should focus to manage your vegetables. This is very important if your job motivates entertaining clients and guests or regularly attending to conventions with bottled spreads.
	Eat as much as you want, so long as they're on the permitted food list. There's no set allotment for how much you should eat each meal or snack. This is especially important so you can still have some of social life even while on the regimen.		Although the diet has been around for 20 years, the book was only published in the US in 2010 and at the UK in 2011.
	Exercise. Makes you choose the eaters instead of using the elevator a little exercise is always good for your heart.		Prior to dieting there that may be into consideration to Phase 1. Dukan Diet does prescribe nutrient supplements to help you in this area.
	Low in sodium, and may be helpful in lowering your blood pressure.		
COHEN DIET	A unique weight-loss program based on your blood profile and results. This is not a high-protein, low-carb, low-sugar diet. Your blood profile determines your personal weight-reduction supplying your body with foods that will help you body eat blah of excess fat.	No pills, no supplements except for the popular multivitamin added. Does the diet to an unfortunate determined, balanced eating plan, the body still gets all the essential nutrients it needs to be healthy.	Meals must be prepared to exact measure. It has to be precise 1 TSP of turkey cookies. Read you must measure your turkey cubed or your body. This is tedious and time-consuming.
		Almost all foods of limited allotment, but a small volume. This will overdose cuts your cravings.	Programs can go as low as 600 calories per day, as anyone who has ever dieted until fell you, sustaining only 600 calories a day can make you want to bubble and avoid the Diet Doctor says you are for dieters. (Weight-loss programs range from 600 to 1,500 calories per day.)
	Substitutions are allowed. For instance, smoothie swaps for yogurt is important, you can switch for a glass of wine instead of food.		If you don't like to work, have someone cook for you. The meals to require time to prepare.
			Expensive. Blood tests outlined to be sent and discuss the ready to client set around $150-300.
BLOOD TYPE DIET	Further eight foods for your blood type (A, B, AB or O) and be on your way to a healthier and thinner you. Following the Blood Type Diet promises much more than inflammation and bloating, and helps boost your metabolism. It even claims you can live longer.	Includes a from of exercise—whether gentle, moderate or vigorous—for 30 minutes to you.	Supplements for different blood types—foods of them—created to be less than the author of the diet, Dr. Peter J. D'Adamo.
		Claims to avoid your eat body will allergy and inhibitor resistance.	The author has years of experience as a naturopathic doctor, but is not a medical doctor. This can be left putting for people who want to know the exact scientific basis behind his claims.
		The program may sound ridiculous and boggy, but many have actually approved becoming from the Blood Type Diet.	People who are not fond of eating meat will definitely be asked to not read it.
	Organic foods encouraged. The less toxins your body has to take the better it is for you.		Long list of banned foods for your blood types, set evaluate to keep at the hospital.
HCG DIET	HCG (human chorionic gonadotropin). Diet is an extremely strict when 500 calorie diet that promises you have up to 30 pounds in health. It either uses clear HCG drops or injections.	Rapid weight loss.	This is a highly controversial diet that's been called a scam and dangerous, and other possibly can to many health risks. The FDA has recently banned other homeopathic HCG cosmic items as weight-loss supplements. HCG is a fertility enhancer for men and women. It is a hormone produced by women during pregnancy to help sustain the growing fetus. Weight loss from the HCG drops is believed to be caused by the extreme calorie restriction, and not from HCG itself. Recommended by Dr. Kevin Trudeau in his best-selling book, The Weight Loss Cure They Don't Want You to Know About.
			Long-term effects of HCG injections are HCG injections may be more severe, including blood clots and other medical conditions.
LEMON JUICE DIET (MASTER CLEANSE)	Master Cleanse is a all-natural liquid fast that promises you can lose weight (up to 4 lbs/week—10 and 40 pounds in four weeks). The program only allows the consumption of lemon juice, cayenne pepper, and maple syrup mixed in water for 10–40 days.	Gives your gastrointestinal system a break, and can help restore your body's natural pH balance.	The Mayo Clinic said detox diets can lead to dehydration, dizziness, fatigue and extreme hunger/distress. Do not go for more than 10 days without medical food, as this can be dangerous for you to do it.
	Rapid weight loss.		The program has zero nutritional value that can say your energy and slow down your metabolism.
			Having the thirst as a reason to lose weight permanently, be prepared for failure. The low calories can cause your body to go into starvation mode, when your body holds on to nearly every gram of fat it can because of these calorie-restricting meal it from time.
			Lose weight is once it body thickens. Then add some foods when you start eating a set from a plan.
FIT FOR LIFE	Developed in the 1980s, Fit for Life makes you eat foods in the correct combination, and the wrong combinations, and there you way to losing the excess weight.	No specific claims on how many pounds you'll lose in a certain time period, but weight loss is guaranteed. Increased energy. Greater health improvement. Encourages you to consume more fruits and veggies. Decreases the risk of cardiovascular disease. No harmful questions special food except vitamin supplements from fit for life industries.	Realistic and exaggerating and possible you'll body with sufficient calories. Food combinations can sometimes be complicated to follow. They you do not go delivery from the eating the program. Basing body exclusively on diet makes it difficult to do in practice. Hard! The daily calories are not recommended for persons over portion.
ANTI-INFLAMMATION DIET	Although this is not a weight-loss diet, it can still make you lose weight. The Anti-Inflammation Diet is based on the premise that by carefully selecting and preparing your meals based on scientific studies of food, foods can help your body, you can maximize optimum health. It is an extra plus for life.	Consumption of saturated and trans fats is at a minimum. It also encourages you to consume curry, ginger and other spices that possess anti-inflammatory effects.	Unless you have a well-sufficient cookbook to capture not after to indigestion.
	Eating plenty of fruits and veggies.		Like other diet medicines such as herbs, the Anti-Inflammation Diet works longer than anti-inflammatory drugs. The drugs take effect in an hour or two, while the diet might take weeks.
	Consuming Omega-3 fatty acids from fish oil or fish oil supplements, and walnuts. This is especially good for those with rheumatoid arthritis.		

ANNA Pirro and wife Angelina Jolie are both avid low-South Beach Diet.

△ FOCUS: advocate of Atkins Diet, Jennifer Aniston

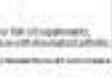
DUCHESS: Kate Middleton is said to have stuck Dukan Diet to prepare for her wedding.

BEN Affleck on Cohen Diet

POPULAR: Beyonce said to be on Blood Type Diet.

COURTNEY Cox, the Blood Type Diet devotee.

FORMER US President Bill Clinton said to have used Atkins Diet.



BEYONCE said Oprah she dropped 20 pounds on Master Cleanse.

Did Jesus ask Judas to betray Him?

In handing him over, Judas performed the greatest service imaginable

INNER AWAKENING

Jennie Z. Dawson

THE FOLLOWING is the all-too-familiar story every Filipino Christian knows: Judas Iscariot, one of the disciples of Jesus, betrayed him to his enemies with a kiss for 30 pieces of silver, after which, out of remorse, he returned the money and hanged himself in a tree.

This is the reason why Judas became the most hated and reviled of all characters in the New Testament. In fact, the term "Judas' Kiss" has become synonymous with betrayal.

For 2,000 years, Heaven for Him and my company and adopted by the Catholic Church. No one ever considered the possibility that Judas could have done what he did in obedience of Christ's orders, in order to fulfill the prophecy. In other words, Judas should not be considered a villain, but even a hero.

In these any historical evidence that this new interpretation of Judas' role could be true?

In 1978, a worn-out and badly damaged codex written on papyrus in the Coptic language (closely related to Egyptian language) was found in a tomb on the right bank of Nile River. It created uro to be what has since then become known as the Gospel of Judas. As study in the last century it was known that such a gospel existed because a reference to it was mentioned by Irenaeus, the Bishop of Lyon, in the year 180. But no one knew what it was gospel contained.

According to Bart D. Ehrman, "This lost gospel will rank among the greatest finds from Christian antiquity and is without doubt the most important archeological discovery of the past 60 years."

In this Gospel, Judas is portrayed in an entirely new way than what you probably know and taught in all Christian schools, as reported in the officially approved gospels by the Catholic Church.

"Here," according to Bart D. Ehrman, "he is not the real, corrupt, devil-inspired foil, lowest of those who betrayed his master for handing him over in his enemies. He is instead their closest intimate and friend, the one who understood Jesus better than any, one who, who turned Jesus over to the authorities because Jesus wanted him to do so. In handing him over, Judas performed the greatest service imaginable. According to this gospel, Jesus wanted to escape the material world that stands opposed to God and return to his heavenly home."

Stop aside

In this gospel also we find Jesus asking Judas to step aside so that Jesus may reach him the mysteries of the kingdom which were not made known to the other apostles. This was immediately after Judas chose sword to free Jesus and said he knew who Jesus really was.

According to the Gospel Judas said to him, "I know who you are and where you have come from. You are from the immortal realm of Barbelo. And I am not worthy to utter the name of He can who sent me."

According to an explanatory footnote to this passage, "To confess that Jesus is from the immortal realm (or aeon) of Barbelo is to profess, in Sethian terms, that Jesus is from the divine realm above and is the son of God."

Then next, Jesus said to Judas, "But you will exceed all of them (referring to all those who have been baptized in Jesus name). For you will sacrifice the man that clothes me."

But if it is true that Judas killed himself after handing Jesus to the Roman soldiers, then who wrote this gospel attributed to him?

According to Bishop Irenaeus of Lyon, in "Against Heresies," the gospel of Judas was written by the followers of Cain, the brother of Abel."

Another version of the story of Judas, this time coming from a queer guide who calls himself Gabbey that was characterized by a professor of Incarnate management in Hogwarts, Judas did not fall himself as what is in the canonical gospels. That story, according to him, was concocted or invented by the rest of the apostles in order to confess the true gospel of the crucifixion against Judas. If he was already dead, nothing more could be done to him.

According to Gabbey, Judas lived and was assigned by Jesus to preach the gospel to Egypt. That's why no other disciples ever met them. And Judas attracted many followers.

Gabbey also agreed with the story found in the Lost Gospel of Judas that Judas did what he did, not because he wanted to do so, but because Jesus asked him to. Gabbey provided a further explanation that in a previous life Jesus and Judas were brothers. They were so close to each other that they promised to each other that they would do whatever the other asked of him. That's why Judas could not refuse Jesus' request.

It is impossible to prove Gabbey's version in any way but it certainly explains why Judas, the most trusted of the apostles, did what he did. Jesus knew himself very well why he had to do. Perhaps it's time we revised our image of Judas as an evil and greedy person.

For those interested in personal consultation or individual past life hypnotic regression, contact Jennie based in Cebu and call her private counsel services, please call 4147243 or 0920-9836962. We host Soulmates, Karma and Reincarnation seminar is on April 14, 1-7 p.m.

NatGeo Earth Day run

NATIONAL GEOGRAPHIC Channel Philippines will hold the Earth City Runs on April 22 in Bonifacio Global City, Taguig. Onsite registration is until April 16 on the ground floor, left wing, of Greenbelt 3 in Makati City. Online registration is at www.active.ph/runs/earthcityrun/2012. Race distances are 3K (P650), 5K (P750), 10K (P850) and 21K (P1,150). Major credit cards are accepted. Extra-fee charges for race kits for runners registered in P100 for addresses in Metro Manila, and P150 for outlook of Metro Manila. Visit http://www.nationalgeographic.com.ph/earth/activities/2012/earth-city-runs.html or email race-info@natgeo.com.ph.

PETA workshops

The Philippine Educational Theater Association's (PETA) is conducting workshop until May. The classes are a mix of artistic classes with voice and speech, movement and dance, acting and improvisation modules. These are unique participants to use their imaginations, explore the world of live performance and expand their creative potential.

Child rate Theater 1 and 2 square kids from 6-12 to short story writing, poetry, movement and dance, musicals, music and drama improvisation. Teen Theater & Teen Theater Production covers creative writing, body movements and dance, musical rifts, drama, sounds and music, new media and improvisation theatre. Theater kits and Advanced Courses for young adults 17 and above are also being offered.

Call 7265184, 4105811 or 0905-2113000, e-mail petatheater@gmail.com.

BREAKTHROUGH ALOE CURE SOLVES DIGESTION NIGHTMARES

Healthy, a natural acid and alkaline mixture aimed to people who suffer from heartburn, acid reflux, constipation, gas, bloating, diarrhea, and other stomach nightmares.

"Sometimes you'll get very [illegible] you have to make it stop!" says Dr. Santiago Rodriguez, a world renowned medicinal botanist.

ESSAGA'S THREE'S HOPE

At first, the thought of drinking Aloe Vera might make some people cringe back away. Here's how it works:

STOMACH ALIVE

Your stomach naturally produces acid or strong, it can dissolve an aluminum spoon in just 30 minutes! Acid relaxes esophagus into your esophagus, throat and stomach lining, it activates the stomach's lining pain of acid reflux, heartburn, ulcers and more misery. Add the problems of stress, and "all hell breaks loose."

Dr. Rodriguez explains... It soothes high acid levels with essaga, so your stomach feels completely at ease your nutrients after drinking it." In fact, it could wipe out stomach pain, discomfort, and frantic rate to the bathroom.

DIGESTION DEFENDER

It BALANCES STOMACH ACID

Your first line of defense in calcium oxalate. This natural acid buffer instantly smash stomach acid levels down on then don't return!

INSTANT SOOTHING RELIEF

Aloe Cure is brimming with polysaccharides, this "wonder" compound that gently coats the throat, esophagus and stomach, carrying the nutrient relief to cells nourished with essaga acid.

WHAT DOCTORS ARE SAYING

Aloe Cure is backed by important scientific studies that confirm aloe calms stomach acid and allows your body to heal itself. Dr. Lisa Lord, M.D. says, "That's why I recommend it to patients who suffer from heartburn, acid reflux, ulcers, and irritable bowel syndrome."

Dr. Santiago Rodriguez agrees, "I just love essaga of Aloe. I can't believe the results in your stomach by last three."

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What will you find today?

Derwent Master Chibi Manga Set

You can now draw your own "Chibi" Manga art with the Derwent Master Chibi Manga set. The set includes a tutorial cd which contains a 20-page step-by-step guide by artist Hayden "Inch" Scott-Baker, an Art Inch cd for 25-sheet sketch book, and a set of 12 Derwent Inktense Pencils & Paint Brush that lets you create strong, clear inks like color washes.

Faber-Castell PITT® Manga Set

The PITT Artist Pen Manga Set is ideal for Manga cartooning. The pens are straightforward, water proof, and lightfast with archival quality.

Derwent Water Brush

The Derwent Water Brush is an effective water holder and brush. It houses water to the barrel so the brush and pen is a seamless flow of water when the brush meets the paper.

Moped Crescut 10-piece Set

Contains 3 pair of scissors and 7 pens to meet interchangeable document's blades in a protective case. The sleek and fun patterns of the classic 8 blades are great for scrapbooking and cutting. The 10 designs are by blades are by the following designer: Hundreys, Mom Blanc, Tiffy, Wim, Yessica, Ellenmjam, Bird Boss, Hawaii, Paris, and Autumn.

Tactilcolor Finger Paint Discovery Set

Tactilcolor is a tactile paint that is ready to use and can be washed with soapy water. It is a thick, smooth paint that is applied with the fingers and dries without debonding the surface. The set includes: 1 80ml finger paint tubes (red, blue, yellow, and green), 1 smock, 1 instructional leaflet, and 1 washable stencil.

Moped Color Pops Smart Plastic Crayons

The Moped Color Pops Smart Plastic Crayons are easy to use, easy to erase and easy to sharpen. The set contains 15 colors with unique names like sneaky brown, grass's got, blue lagoon, mardi mallow, etc. The crayons are double-tipped – triangular and rounded flat for more precise coloring.

Faber-Castell 20 Connector Pens

The Faber-Castell Connector Pens are unique two-way and marker-based color markers that clip together. Each marker is built with a strong, broad tip, an easy-to-grip barrel and a ventilated safety cap. Included is a mini booklet with different techniques to help you recreate like patterning, doodling, shading, and squiggling.

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The MEDICard Health and Wellness Bulletin

Take Charge, Doc!

THE HEALTH BENEFITS OF YOGA

Yoga is a physical, mental, and spiritual discipline originating in ancient India. The goal of yoga, or of the person practicing yoga, is the attainment of a state of perfect spiritual health and tranquility. Traditional yoga philosophy requires that students adhere to the principles through behavior, diet and meditation, but it popularly refers to a system of exercises that are practiced in order to promote control of the body and mind.

Yoga has many styles, forms and variations, and makes up the most popular body practices for health benefits, including:

Stress reduction. With its quiet, gentle movements, yoga draws your focus away from your worries. Students also emit relaxed cues as you move your body through poses that require patience and concentration.

Increased fitness. As you learn and refine new poses, you may notice improved balance, flexibility, range of motion and strength. And the more you're bent able to focus yourself in other physical endeavors or in your daily activities.

Management of chronic health conditions. Yoga might help with a variety of health conditions, such as chronic depression, pain, anxiety and insomnia, by helping with stress problems, fatigue and mood. Yoga also commonly reduces heart rate and blood pressure.

Weight loss. If you're overweight or have binge eating disorder, yoga may help you make the healthy lifestyle changes necessary to gain control of your eating and move toward a more active life.

Yoga is generally considered safe for people of all abilities, but as with any fitness regimen, check with your doctor if you have any concerns regarding your health. To make sure that yoga is safe for you. Regardless of your health status, start slowly and gently so you can maximize the health benefits that yoga has to offer.

Source: http://www.mayoclinic.com/health/yoga/MY00297

MEDICard Philippines, Inc.

The return of the triathlete

By Margo C. Enriquez
Correspondent

TV ANCHOR Paolo Abrera attacked the hillside legs of the Sandoval Bike Brown Offroad Triathlon Series in the scenic coastal municipality of Liloan, Cebu. The 40-year-old triathlete finished ninth in his age group with a record of 4:06.

While some triathletes are their agents on the Olympic standard—under three hours—Abrera was content to just get embarrassed about the sport again. He was engaged in it for nearly two decades, but the same activities can get a little stagnant over time.

"There were years when I lost interest and didn't participate a few years later, I get motivated, I went through cycles. Two years ago, some friends wanted to get started. It sparked my interest in training and participating in the events again. You have to find something fresh to keep you interested," he said.

Many triathletes go on because they are eager to test the limits of their endurance and hope to master running, cycling and swimming in their lifetime. Abrera enjoys simply working hard at these sports which provide diversity and balance in his life.

The recent Vasaline Men Sierra Offroad Triathlon Series is a team's town war—figuratively and literally—a breath of fresh air for him. "An offroad triathlon is a new thing here. Normally, triathletes are on the road. The bike and running courses were on mountain trails so it was more challenging for people accustomed to road triathletes," he said. He added that the offroad series raised the bar for triathlons in the country.

Abrera found the mountain bike trail difficult because of the uneven terrain. "Personally it's a challenge. It's easy to control the bike," he said.

Getting rid of baby fat

Abrera first became interested in endurance sports at the age of 14. Wanting to get rid of his baby fat, he took up cycling. "Aside from addressing my weight problem, it gave me a sense of adventure. I discovered many places even if I couldn't drive yet," he said. He gained small groups that made training more fun and helped in staying motivated.

In the early '90s, he featured triathletes in the now defunct sports show "Game Plan." Intrigued by their intense drive to excel in three sports, Abrera made his foray.

"It was exhausting when I started. I didn't have much of a swim. I had to clean up my strokes and get comfortable in water," he recalled.

Triathlon was in its infancy in the Philippines then. Despite the shortcomings (he hasn't yet to train, the best mentors in place. You needed not as much and as often as you could. Everybody was caught up with cache hoarding. My idea was eating plenty. Lots of pasta before a race. It turned out not as much as I thought. I was doing more cycling in his home. In the collapsed large quadriceps into—then, which a runner doesn't need because it adds extra muscle weight in the legs. A cyclist's form is light and compact, while a swimmer needs large back muscles and shoulders. Hence, Abrera spends more time training for bell.

He rides for 11 to 14 weeks before a triathlon. Waking up at 5:30 a.m., he does strength training—a combination of traditional weight resistance, TRX suspension workout and plyometrics, a program which involves explosive movements and muscle elasticity.

Trying to be efficient with his time, he runs for five kilometers (twice a week and 10 km on weekends ("It's not long compared with others," he said.) Sometimes he joins his teammates at triathlete friends on cycling rides out of town. Abrera also bikes from his home to Pembroque to ARC-USC in Quezon City.

"Triathlon is about dedicating the time to meet the minimum requirements. You've got to be diligent with your mileage and intervals." His best record is an Olympic distance of 2:40 in a triathlon held in Subic.

"That was a few years ago when I had punch on my side. I need to lose weight because my time on running," he said.

However, mobility has its benefits. "Your recovery time and anaerobic threshold are higher when you're younger. But as you endure, you can be more disciplined in racing and training. You have increased mental stamina, a better grip and more experience to draw from," he said.

He pointed out that while the younger one has explosive power, a tandem athlete builds more endurance. Especially in efforts which are good for endurance sports like long-distance running or cycling.

Abrera adds that he's got a better sense of pacing. "I know my body's limit. I don't bank—I don't go all out. I have a sense of speed in the middle of the race and end up fatigued. I know how to spread out my strength and endurance. There's no need to prove anything to myself, so I just enjoy the challenge of the race."

INSIDE OUT
Gary Quinto

Before: Lower's Pharmacy
I cannot
I wish
If only
I have a problem
I give up
I don't know what to do
Life is tough
After: Attitude's Quinto
I can
I know
It's conceivable
I have an opportunity
I never quit
I know I can handle it
Life is challenging

A glass a day

If you're one of those who have not picked up the habit of drinking alcohol, just like me, here's something that may change your mind. And mine!

Everyone who's been with those moderation. Bringing in alcohol itself good. Just drinking one glass a day could fend off heart disease and prolong your life.

There have been friendly studies which drew a welcome conclusion. Red wine lowers heart disease. Or, other studies show that a can of beer, a cocktail with 1½ ounces of liquor, or a glass of white wine or champagne are all equally beneficial. One study conducted by the University of California, San Diego School of Medicine and the Harvard Medical School in Boston revealed that moderate drinkers reduce their heart disease risk by 20 percent, as compared to non-drinkers.

Alcohol increases the good cholesterol or HDL (high-density lipoprotein). It also helps sweep away bad cholesterol or LDL (low-density lipoprotein).

Safe alcohol drinking

How to keep alcohol a safe beverage:

1. Know your limit
2. Be reminded that women weigh less than men. The reason it takes lower amounts of alcohol to get women drunk than men.
3. Eat before drinking. This slows down the alcohol absorption by your body.
4. Drink slowly. Allow your one drink for the day to last longer. Don't gulp it down.
5. Drink water as your chaser.
6. If after one glass you still want another, switch to grape juice. It contains resveratrol, the chemical produced in the grape skin which fights off fungus.

Warning: Pregnant women and people on medication should see their doctor.

Defense boosters

How do you maximize your defenses against illness?

1. Reduce calories. By lowering your calorie intake, you lessen the oxygen your body requires for digestion. The result: less free radicals.

Sadly, oxidative damage happens when you eat. So if you consume less, you invite less free radicals. Of course, this doesn't mean you should starve yourself.

2. Don't restrict your workouts in the gym. Remember you're supposed to burn, not store. Muscles require excess oxygen during exercise. And there is a by-product created—oxidative damage. This is the reason why athletes who overexercise get sick. Here's the reason that you should not overexercise! Yet!

Scientists believe that the minimal damage caused by moderate exercise is far outweighed by its benefits. The message here is to exercise moderately.

Start with positive talk, your single most effective tool

3. Give up the bad habits, like smoking and sleeping. With every puff, you inhale huge amounts of chemicals into your lungs. And by overhauling an already low, are wiping out your body's reserves of vitamin E and beta-carotene. This will lead to arthritis and liver damage.

4. Breathe clean air. Find a place in the forest or by the sea and inhale fresh air. By taking a break from city life, you leave behind the pollutions, as well. Each time you inhale good, clean air, you are prolonging your life.

5. Count more. Even if you have never been into meditation, just do it.

- By eating 3-5 regular meals a day, you are giving your body the energy it needs constantly, not erratically.
- Don't have a midnight snack. This will make you lose your appetite next morning.
- Make it a habit to have cereal. Choose a brand that's high in fiber and low in sugar.
- And yes, you may have a pancake if it's cooked in very little oil. It's big on energy and low in fat.

Affirmation today: "I believe in me"

Love and Light!

Reference: "Eat Dessert for Memory," Prevention Magazine, Reader Center for Women's Health

Wellness can be liberating

YOU WILL be delighted with health, beauty and wellness truths that will liberate you from fear, limiting preconceived notions. In, life break in your memory. And retrieve those reminders to serve you well.

Nagging is good

It's true—especially when you nag yourself. To be driven is a good thing. And to keep reminding yourself about motives and goals important in you are only result in triumph, we regards How does one perfect the art of nagging the self?

Positive talk is the magic, most effective tool for success available to you—for free.

Here are its benefits:

1. Affirmations are positive words lined up together, designed to neutralize negative thoughts and feelings.

2. Experts say that even if you don't believe what you're saying to yourself at the start, eventually those positive words will be absorbed by your subconscious and become strong programming.

3. By declaring things out loud, you expand your aura and corresponding electromagnetic shield.

4. Affirmations improve one's self-confidence.

You can eat your favorite food and still lose weight

By Mirsiri Felipa Mendoza
Contributor

STUDIES HAVE shown that when it comes to weight loss, deprivation does not work. When a strong craving sets in, you can still control yourself to avoid munching your favorite chocolate bar, but it just might haunt you, causing you to resume your old eating habits.

In the realm of weight management world, the words "bad food" and "good food" are out, and experts encourage the use of the word "moderation" to help people develop a healthier and sustainable lifestyle.

You can still eat what you want, but every individual has a unique way of approaching guilty pleasures. Therefore, the goal is not to totally eliminate the food you love from your life, but to plan your eating for a healthy and balanced diet.

Mangoes and bananas

According to Dr. Leon Hamaguin, who operates a weight loss clinic in Melbourne, Australia, mangoes and bananas contain more calories than an apple or an orange because of their sugar content, and recommends eating only two servings of fruit per day and five servings of vegetables.

Mangoes and bananas are also high in potassium fiber, essential vitamins and minerals, and acne fat. However, they should be consumed in moderation because eating unprocessed amounts of fruits will increase your total calorie intake per day.

Many dietary consultants like Hamaguin, and a seven-inch medium-sized banana has 108 calories.

Consumption of fruits should still be controlled, because aside from the extra calories, they will bring you other eating-other benefits with vitamins and minerals, like colored items, vegetables, and complex carbohydrates like rice and bread.

If you really love fruits, but are trying to control your weight, limit eating fruits to three servings per day, or choose smaller sizes of these fruits.

Nuts

Nuts are high in calories and one really cause weight gain when consumed in large amounts. (A person has five calories; an almond, 6; a cashew, 7; a macadamia nut, 8; and a pecan or a walnut, 13.) In fact, one cup of nuts can contain as much as 800-1,000 calories because of high fat content.

However, studies show that nuts can be great snacks or meal companions because they keep you satiated easily due to the fiber protein and fat content. According to nutritionist Nancy Clark, eating 150-200 calories worth of nuts is better than eating a 200-calorie pack of snack-on, which lacks protein and fat and leads to another 100 calorie pack because you are still hungry.

Try to have a tablespoon of nuts with your cereal, oatmeal, salads and items rather than eating them separately so you will feel fuller easily.

If you eat nuts as a snack, make sure you get your daily hunger to avoid finishing a whole bag.

Prepare smaller servings (a tablespoon) of nuts in a small snack container and put that in your bag as an emergency snack food.

Beef

Most can be really lowering and might cause health problems if you consume it excessively and choose the lean beef cuts. Red meat is high in saturated fat and cholesterol. A recent study conducted by the researchers from the Harvard School of Public Health, published this month in Archives of Internal Medicine, shows that eating an average of red meat (the size of a deck of cards) a day was associated with an increased risk of heart disease and cancer. The study followed 120,000 people for over 28 years.

But nutrition experts still suggest eating red meat in moderation, preferably once or three servings per week, as a source of protein and important minerals like iron and zinc that you can't get from other protein sources.

Have more meat sources every week by eliminating consumption of seafood, poultry, low-pork and red meat.

Avoid processed meats that contain too much sodium and certain ingredients that may affect your health.

Do not hesitate to spend more by choosing to buy 90-percent lean red meat to avoid too much calories, fat and cholesterol.

Always continue beef with vegetables and rice, pasta or potatoes to achieve total nutrition. This will also prevent you from consuming too much red meat in one sitting.

According to the results of a study conducted by the American Dietetic Association, you can lower the total calories of cooked ground beef by as much as 50 percent by mixing cooked beef crumbles with hot water and putting excess beef fat with a paper towel.

Chocolates

Because chocolates are high in calories, it can cause one to gain weight when consumed frequently and in large amounts. A regular chocolate bar may contain 200-250 calories, and if you are a chocolate lover, you may even get it from other sources like cakes, ice cream, candies and drinks.

Studies show, however, that dark chocolates contain properties antioxidants like flavonoids for heart health and minerals like iron, calcium and copper for bone health. Learning to control your consumption will still give you health benefits while controlling your weight, without you feeling deprived.

When craving a bites, just have a piece of dark chocolate. Or eating a small piece of dark chocolate, there can be only and never every bite.

Avoid low-carb diets to avoid over-consumption of sweets like chocolates, because people who deprived themselves of rice, bread, cereal and pasta usually eat some more sweets, especially at night.

Continue your favorite chocolate with a fruits or nuts so you don't overeat.

E-mail the author at info@lifeSpellgood.com. Follow her on twitter @mirlafelipa.

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A. UPIN

BY JESS ABRERA

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DICK TRACY

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DUSTIN

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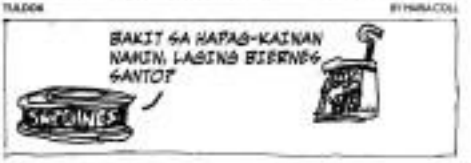
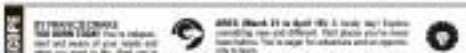


HOROSCOPE

ELIZABETH ECHOLS
YOU WERE TODAY: You're relaxed, smart and aware of your needs and desires. You're also aware of what you want to be. And you're not afraid to go after them. If the calendar calls for it, you're serious, focused and determined. You stand your ground. Whatever role you play throughout the day, you're thorough, hard-working and dependable. You're willing to work long hours to get the job done. You're also a good listener. You're willing to help others when they need it. You're a natural leader. You're also a good teacher. You're willing to share your knowledge with others. You're a good friend. You're also a good partner. You're willing to work hard to make your relationship work. You're also a good parent. You're willing to put your children's needs before your own. You're also a good role model. You're willing to set a good example for your children. You're also a good provider. You're willing to work hard to provide for your family. You're also a good protector. You're willing to put your family's safety before your own. You're also a good leader. You're willing to take charge when needed. You're also a good follower. You're willing to follow when needed. You're also a good friend. You're willing to be there for your friends when they need you. You're also a good partner. You're willing to work hard to make your relationship work. You're also a good parent. You're willing to put your children's needs before your own. You're also a good role model. You're willing to set a good example for your children. You're also a good provider. You're willing to work hard to provide for your family. You're also a good protector. You're willing to put your family's safety before your own. You're also a good leader. You're willing to take charge when needed. You're also a good follower. You're willing to follow when needed. You're also a good friend. You're willing to be there for your friends when they need you.



ARIES (March 21 to April 19): A lovely day! Explore something new and different. Start plans you've been contemplating. You're eager for adventure and an opportunity to learn.

TAURUS (April 20 to May 20): This is an excellent day to spend with others and pursue shared goals. Discussions, bonding, team work and shared property. Socializing, but you're energetic, too.

GEMINI (May 21 to June 20): Because the Moon is currently opposite your sign today, you will have to get more than before when dealing with others. This is not a big deal.

CANCER (June 21 to July 22): This could be an enthusiastic or productive day on which several would like to get the cooperation you want from others. Your words will be the most effective coming through loudly.

LEO (July 23 to Aug. 22): Some are likely to misinterpret you today, because you feel inseparable from everything. Emotions, fantasies and feelings are heightened. Imaginative and creative activities are favored.

VIRGO (Aug. 23 to Sept. 22): Interactions with lovely creatures bring quiet vision of home with delight. You have a more beneficial role in your career. Good for you and with property and the homestead.

LIBRA (Sept. 23 to Oct. 23): Keep in mind that you need more sleep now, because the Sun is in keep that your ego. However, relations with others are especially rewarding.

SCORPIO (Oct. 24 to Nov. 21): This can be a productive day at work. You have an innate understanding nature to help you in personal projects. In turn, you likewise will be appreciative of them.

SAGITTARIUS (Nov. 22 to Dec. 21): Unconditional, special circumstances, quite social, positive, lucrative and playful encounters with others are the name for you today. Basically, you want to have fun!

CAPRICORN (Dec. 22 to Jan. 19): Home and family are your primary focus today. Attention at home is the case. It's usually easy, quiet time to yourself. This is an excellent day for behind-the-scenes work.

AQUARIUS (Jan. 20 to Feb. 18): Pleasure and love are such a positive force in mind, this is a good day to touch, smile, eat, walk, explore or possess anything. It's also a wonderful day for flirting with others in a loving.

PISCES (Feb. 19 to March 20): Money and commerce are favored today. Push extra shopping as much as you'll enjoy spending your money. Treat your family, making time.

CONCEPTIS SU DOKU

HOW TO PLAY SU DOKU

Fill the grid so that every row, every column and every 3x3 box contains the digits 1 to 9. For more programs visit www.sudoku.com

Answers to previous puzzle

1	4	3	6	8	2	5	7	9
6	8	5	3	7	9	4	1	2
9	7	2	4	1	5	6	3	8
5	3	1	7	6	4	2	8	9
2	6	8	9	5	1	3	4	7
4	9	7	2	3	8	1	5	6
3	1	6	8	4	7	9	2	5
8	5	4	1	9	3	7	6	2
7	2	9	5	2	6	8	9	1

Conceptis SudoKu By Dave Green

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					9	4	7	8
				5			1	
					2		5	
7		6				9		2
	4		5					
	3			8				
5	7	1	2					
8	9			7				4

Difficulty Level ★★

CROSSWORD PUZZLE

ACROSS

1. Commitment
5. Mexican appetizer
10. Mideast language
14. Love and fondness
15. Ending
16. Deer
17. Type of duck
18. Sandwich shop emblem
19. Of the nose
20. Fifth Avenue specialty
21. Cleaning agent
22. Fourteen dollars to Dru Sexton
23. Italian numeral
24. Pronounced disinterest
25. Lagoon
26. Lyrical work
27. Lowly
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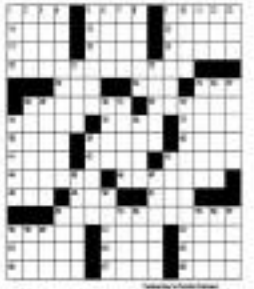

Wellness spa wins prestigious international award

THE FAIRBEAT Spa Resorts in Los Baños, is proud to have been awarded the Second Wellness Award for "Best Medical Wellness Resort." The criteria employed by the international judges to select the renowned property include the unique holistic concept, the high standard of wellness, as well as medical treatments and therapies, the level of staff, and the location and environment of the property.

Sensee is an international premium wellness and lifestyle guide that has been published in German and English for the past 14 years and in Russian since 2006. The Sensee Wellness Award is an international benchmark for excellence for the entire international hotel, lifestyle and wellness industry and, as a Swiss newspaper reported, is like "Oscars" of spa hotels. The awards gala took place during the ITB, one of the world's largest tourism fairs in Berlin, Germany.

This year marks the first time this accolade has been awarded to the Philippines. Among around 22 international awards since 2004. The Farm has received an exceptional place for the Philippine tourism industry for the significant role these awards have played in creating awareness among the international community. The Philippines has made its mark as one of the leading wellness destinations in the Asia-Pacific region.

To celebrate The Farm's recent award and as a token of appreciation, guests enjoy a 30-per-cent discount on its six-night Healing Retreats from now until April 30 only. For more information, call (02) 892-4247/4 or (049) 536-4000 / (049) 536-4000, e-mail contact@thefarm.com.ph, visit www.thefarm.com.ph.

Yes, any 'Juan' can run

"RUNNING is the ultimate equalizer. You see all shapes and sizes arriving to reach the finish line," says Fun United organizer Ron dela Cruz.

Running is truly a liberating sport. All one has to do is try, and the 10 steps by step.

Run United aims to promote a Filipino lifestyle change by Active Health, a wellness program that encourages Filipino families to embrace a positive lifestyle change.

United Active Health events include the Run United Series, Bike United (a cycling race) and Tri United (a triathlon race).

Today, Run United is one of the most anticipated running events in the country. United Active Health and Reckitt Inc. recently fired off its first Lace It for This year with Run United 1, gathering overwhelming support from over 13,000 participants for all race categories.

Run United 2 is set for June 17 and Run United 3 on Sept. 16. These will be followed on Oct. 28 by the much awaited Run United Philippine Marathon.

Run United's first-ever full marathon at 42.195K race.

To improve the quality of the races and intensify the level of competition, Under Armour Health has also recently introduced incentives for this year 2012. The lists composed of respected names in the field of sports—Rio dela Cruz of Team Rio, Jayvee Pua to the Run Runner, husband and wife team Dan and Jen Brownwater are both accomplished runners/triathletes, and Raul Esperas of Bike King.

Run United is for the benefit of Samuel Kalaugan (the health program of Samuel Kalaugan and Ray's Foundation.

For more information on Run United and Active Health, check out these websites, www.rununitedtriathlon.com and www.runrunrun.com; or walk on their respective fan pages on Facebook and Twitter.

Michael Bernstein, Ph.D.
Member, London Trichology Association / Member, International Trichology Association / President, Asian Society of Trichology

"Help! My hair is falling out!"

Trichologist to many leading Hollywood celebrities and internationally famous lawyers, MICHAEL BERNSTEIN talks about how hairloss occurs in women and how it can be prevented

No woman would want to lose her hair. That's why at the onset of shedding or thinning, it becomes distressing for you to deal with the condition. You're bothered if it's normal or not. You feel insecure about your appearance and worry if your friends and workmates will notice your condition. Your self-esteem and quality of life slowly deteriorate. Before hairloss can cause further damage to your life, Michael Bernstein explains below the causes of female hairloss and how you can prevent it from getting worse.

What causes female pattern hairloss?

Female pattern hairloss or Female Pattern Alopecia (FPA) usually manifests as a diffuse thinning in the scalp's frontal, crown or temporal area. Many experts believe that women's exposure to extreme stress and pressure nowadays is one of its major reasons. According to Bernstein, when you're stressed, your body overproduces testosterone, which leads to increase or abnormal shedding. Your body needs the oxygen and nutrients from the hair follicles to sustain the health of the life-supporting vessels in your body. This often results in hair fall or dryness in the scalp.

"Nowadays, women are under much more pressure than in the past. They now compete on equal terms with men in the corporate world. In addition, still expected to become mothers, be homemakers, and then look glamorous and be sexy in the evening for their husbands. This competitiveness can activate their *testosterone hyperactivity dominance level*. Stress has been shown to inhibit the production of estrogen (female hormones) resulting in fatigue and depression... It's no wonder women now suffer from more hairloss", explains Bernstein.

Aside from the stress, other factors that Bernstein considered hairloss-triggering are anemia, hyper/hypothyroidism, thyroid problems, hormonal imbalance, illness, genetics, childbirth, miscarriage, unbalanced diet and drastic weight loss. "When a person loses weight very quickly, the body will compensate and trigger the hair follicle into a premature telogen phase, often resulting in a severe hair fall 1 month after the weight loss.", says Bernstein.

> *"Female pattern hairloss has been steadily increasing over the past 20 years."*

Can female pattern hairloss be treated?

Yes. By becoming proactive about your hairloss problem and seeking preventative care from a Trichologist (hair and scalp expert), you can certainly prevent your problem from thinning out. "Much the same as preventative dentistry care has revolved in people having better teeth, preventative care before you lose hair is the obvious solution.", says Bernstein.

Trichological treatments are very beneficial in ensuring the correct environment on your scalp to promote healthy hair growth. Non-invasive and painless, these treatments involve a new technique of applying an anti-hairloss elixir that Cutbe DHT (the testosterone which prompts hair growth), stimulates blood circulation and helps cells regenerate faster. In no time, your hairloss is reduced and your hair is healthily restored to its original volume.

"I do feel all women at some time of their life will suffer some form of hairloss, particularly during menopause when we naturally lose gradually. When the first indication is a gradual hair thinning. Contrary to their male counterparts, the majority of female hair problems are often only temporary and will not result in permanent hairloss. They can often be controlled and rectified with the correct treatment. Please ladies, if you think you are shedding too much hair or worried your hair is getting thinner, seek professional advice. I'm sure they will be able to help you." Bernstein advises.

For FREE private consultations and expert hairloss solutions, call 892-HAIR (4247) / 234-9801 (Cebu) today.

A nutritional supplement that's a hit with PBA stars

LAST YEAR'S Philippine pro-basketball season has seen two PBA stars actively promoting wheatgrass in their daily diets. But what is Wheatley, and why are these pro athletes taking it?

Wheatley is a nutritional supplement from Quickfix Distribution Phils. Inc., and is a merging of two superfoods, wheat grass and barley grass. This new sub-brand product gives you the combined health benefits of both superfoods.

Barley grass is described as a food with five times the amount of iron as broccoli, seven times more calcium than milk, 11 times more calcium than milk, and seven times more vitamin C than orange juice. Also, it promotes healthy digestion and improves the absorption of soil lands so you feel more energetic.

Wheat grass, on the other hand, is known to help fight cancer by absorbing tumor-causing toxins and radiation in the bloodstream. It has nutritional benefits, such as being a highly balanced fluid helps slow the aging process, detoxifies and cleans red blood cell count, maintains blood pressure, among others.

For another PBA stars Paul "Hot Lightning" Asi and Willie "The Thriller" Miller have included it in their daily diets.

Wheatley Diet Pro-Fast Shake makes it a point to take it every day. Asi's claim he says that it was effective in relieving him of constipation, and because he feels higher levels of energy. Besides Asi, Willie Miller says that taking Wheatley every day has made him feel stronger, like big thigh training and gut training.

Wheatley can be secured through Quickfix members and available affiliated offices. Outside has also distributors center operations (distributors) in key cities and established partner nationwide, including Dagupan, Tacloban, Leyte, Iloilo, Cebu, Davao, Koronadal and others.

Share your opinions at Alka-Seltzer.ph@inq.net, with subject line, or call them via their hotline numbers at 8130100, 8134567 and 897-8700.

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Lira Soreta-S. Velarde

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HEARD

DURING an appearance at a recent digital technology confer-ence in California, singer-songwriter Neil Young proposed that "some rich guy" should create "a modern-day iPod for the 21st century" featuring studio quality reproduction. "When I started making records, we had 100 per-cent of the sound. Now you have to to an an MP3, at the same volume and people leave the room! It's not that digital is bad or inferior but the way it's being used is not sufficient to recreate the art's depth of sound."

How to love Pinoy music and show it

By Pschole Consepcion

CAN THE new online music store opm2go help rejuvenate the ailing local record industry—just as its business model, iTunes, successfully transformed how consumers bought their music in the United States?

That story for a pipe dream for now.

There have been other locally-based, legal downloading sites that opened way before opm2go. The problem was that paying for the songs was complicated, requiring credit cards and online payment systems that majority of Filipinos found tedious.

But opm2go's head, singer-songwriter Dyle Alcantara, said the process has been simplified, and demonstrated how at the online music site's recent launch at Eastwood Central Plaza in Quezon City.

Signing up on the website opm2go.com takes less than a minute. After browsing through the catalog, buying the songs can be done through multiple choices: Globe Tattoo's Pasabuyad scheme), but for non-Smart subscribers, opm2go prepaid cards are available at Mahusay Bookstores, 7-Eleven convenience stores and record bars Astrovision and Odyssey.

Consumers from around the world can purchase their songs on their credit cards.

But Alcantara—who told the business that he and his partners in OkiPhoto (a web and mobile applications developer) plunked in P120,000 each to jump-start opm2go—pointed out that he needs the artists' direct support, especially independent musicians, for this system to succeed.

He personally invited Jett Pangan of The Dawn or join opm2go as industrial partner.

Music store opm2go simplifies buying songs online

Ghouls just wanna have fun

By Edwin Agulan
Contributor

Tanya Markova

"Ghoul-Pop" 2-CD edition
MCM Music

CD Review

There's something about Tanya, and it's called "ghoul- pop." That's the nomenclature tag that best describes Tanya Markova's music—a sweet mix of pop, rock 'n' roll, new wave, punk and metal. Add a dash of caricature horror, combine it with irreverent humor, and you have ghoul-pop.

Who would have complained that this group of eight wacky members with guitars, and fangs and extravagant allures would be taken seriously? All of the band's past singles have become cult-fan favorites.

It's about shocking how "Planet Picture," "Disney," "Linda Blair" and "Ms Bonde Fernandez" have dominated the charts of many radio stations and music channels in the country.

The out-of-the-box band with its catchy melodies and sexy but cute lyrics was recognized at the 2010 NU Rock Awards as best new artist, best live act and best music video for "Disney." Tanya Markova also won Metro Radio's 2010 artist of the year award.

"Ghoul Pop," an expanded 2-CD edition of its debut album, contains all of the band's hit songs, including the music videos of the last singles, plus acoustic versions of "Picture Picture," "Disney," and the cheeky and catchy "Da Sherlock Song," plus the band's version of the Radiohead hit "Creep."

There is also a near over-load of remixes (three versions of "Picture Picture"—a Bonix Remix, Club Remix and Insular Remix), but think of it as the band's memorial pieces to the song. Classic and campy, let's party until dawn.

The band's fascination with the horror genre spills over on other tracks, and it seems Ming Jose's shadow

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Madonna No. 1 in overall chart

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1. WRATH OF THE TITANS 9:00am
2. MACHINE GUN PREACHER 11:00am, 2:15pm, 4:15pm, 7:30pm, 9:45pm
3. WRATH OF THE TITANS 11:00pm
4. HUNGER GAMES 9:00am, 12:00nn, 3:00pm, 6:00pm
5. WRATH OF THE TITANS 8:30pm, 11:29pm
6. TITANIC in 3D 9:00am, 12:45pm
7. WRATH OF THE TITANS 4:15pm, 7:15pm, 9:20pm, 11:25pm
8. MORON 5 AND THE CRYING LADY 9:15am, 11:25am, 1:35pm, 4:45pm, 7:50pm, 10:15pm, 12:30am

SHANG CINEPLEX

1. WRATH OF THE TITANS 3D
2. HUNGER GAMES
3. TITANIC 3D
4. WRATH OF THE TITANS
5. MACHINE GUN PREACHER

Lucky Chinatown CINEMAS

1. Machine Gun Preacher 10:25am • 1:00pm 3:30pm • 6:00pm 8:30pm
2. Titanic in 3D 9:30am • 1:30pm
3. Wrath of the Titans in 3D 5:15pm • 7:45pm 9:15pm
4. Wrath of the Titans in 3D 9:15am • 1:15pm • 1:30pm
5. Moron 5 and the Crying Lady 9:30am • 11:54am 2:10pm • 4:30pm 6:50pm • 9:05pm
6. Hunger Games in 3D 3:45pm • 6:30pm • 9:15pm

MADONNA

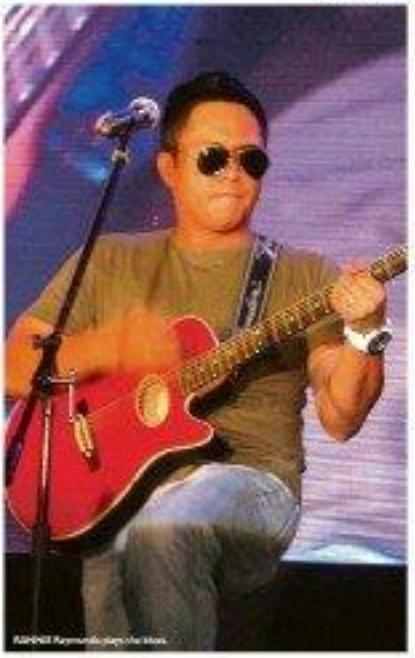
TOP-SELLING albums in the country for the week March 26-April 10, based on Odyssey Music & Video's nationwide sales reports:

Overall

1) Soundtrack, "SB.19," MCA Music; 2) Various Artists, "Walang Kupas (Repackaged)," Star Records; 3) Angeline Quinto, "Fall In Love Again," Star; 4) Daniel Padilla's "Soundtrack," Ivory Music; 5) One Direction, "Up All Night," Sony Music; 6) Adele, "21," Winner Music; 7) Whitney Houston, "The Essential Whitney Houston," Sony; 8) Willie Revillame, "Dyan, yes," Viva Records; 9) Adele, "Live at the Royal Albert Hall," Warner Music; 10) Various Artists, "Bangon Gamos Songs From Dancel 12 & Beyond," BMA Music

OPM

1) Various Artists, "Walang Kupas (Repackaged)," Star Records; 2) Angeline Quinto, "Fall In Love Again," Star; 3) Daniel Padilla's "Soundtrack," Ivory Music; 4) Willie Revillame, "Dyan, yes," Viva Records; 5) Angeline Quinto, "Tomboy Ang Pangalan Ko," Star; 6) Various Artists, "My Paraluman Edmund A." Gutierrez," Viva Records; 7) Aiza Seguerra, "Unfaithful In Pop-Hop (Soundtrack)," Star; 8) Willie Revillame, "Kembot Kembot," Viva; 9) Soundtrack, "Sandwich," Universal; 10) Cody Vasconcelos, "With Love," Star


RAMPAGE Raymundo plays the blues.

SINGER Camp Reuyan and DJ Dandi Kiray at Tasty Restaurant

JAYA

How to love Pinoy music...

from page D1

"What he is investing in the company is more valuable than the money he put in," said Akasaki, who explained that he is counting on Pangan's connections in the indie music scene. "Abah ako magandang panahon dyan e. I loved someone when a lot of musicians respect, who's active, and at the same time an advocate of OPM. Joy fits the bill perfectly."

Indie musicians, Akasaki said, "are a one-stop shop. They're the artist, producer and marketer. And all this is done through social networking, which fits perfectly with how we want to extend Spin.ph's business."

The site will have a "widget," or a link to all its musicians' members' Facebook and Twitter accounts. "The widget will serve as the bridge for the musicians' friends and followers to go straight to the songs site," Akasaki said, adding that the online music store is "a connector" for artists and consumers.

Nevertheless, Akasaki said he put up spin.ph primarily for artists to earn directly from their own songs and at affordable rates for consumers. Each download (P15 for tracks ripped in major labels' P30 for indies) is split in half between the store and the label and/or the composer. Royalties for composers are automatically paid through a designated online account.

At the moment, the site offers 12,000 songs from the Viva and Vicor Records catalog and 80 indie tracks. Universal Records has also agreed to license the tracks of its roster of musicians, which includes Akasaki.

Indie artists interested in signing up may call Trina Villar at 7238803.

At the launch, Akasaki rallied the audience—composed of musicians, record label bosses and patrons of the Rambunctious club—with a slogan: "Kung noon kung Pinoy music ito ang OPM (Original Pilipino Music)."

President Aquino delivered the keynote address, in which he spoke of his love for Filipino music and support for openings amid rampant piracy.

A showcase of old and new local musicals followed. Rita Reyes performing "OPM Rap" from his solo album Akasaki—backed by a house band that included keyboardist-musical director Rio Villena-Osorio, bassist Simon Tee, and drummer Chip Cuisquis—in a reggae version of "Pambansang Kamao"; Barbie Raymundo in a spirited blues number; boys representing her classic hit "Wala Na Bang Pag-Ibig?"; Noel Moncer playing his own composition "Chichebe" and "Halaga"; hip hop group Skarmi and vivid soiree band Trolley Humanitys turning on the crowd with their own stuff; and The Dawn climaxing the event with rousing versions of "Kundiman Ako" and "Salamat."

Ghouls...

from page D1

heroes over most songs, distinguished by their dark yet poetic lyrics that almost sound like nursery rhymes.

There's an oddly delightful feeling that no one just crashed a party where Goodlow and Jack Skellington are chilling out with Pugsley and Wednesday Addams.

Then, it's about 21 tracks oozing quirky sympathetic sounds and songs conversations that show a surreal yet ghoulish-whimsy side to love-fan attitude.

The noble sounding "Fountain of Youth" is a pedestal-lit romance that literally ends with a bang! There is also a heartrending declaration of love in the sensitive but novel "Kindhearted Gerard."

Dems cute laughs or shed a tear at "Bat Boy Mosquito?"

What a crazy album!

Pearl Jam

"Vs (In Original Motion Picture Soundtrack)"
Sony Music

Whether or not this double-CD can be considered the definitive retrospective of Pearl Jam's 20-year saga is beside the point, because diehard fans will relish this epiphany-packed soundtrack to Cameron Crowe's mixed-up, reverend performance.

The tracks cover Pearl Jam's awesome career beginning in the early 1990s—when the band was just starting as a key member of the Seattle grunge community (along with Alice in Chains, Nirvana, and Soundgarden)—as well as live performances from around the world.

It also features archival material that includes demo tapes and the band's early record logo.

The energy and intensity of Pearl Jam's live performances are here, including "Crown Of Thorns," "Hella Mile Hi" (featuring Neil Young), the exquisitely arranged "Porch," a cover number like "Alive," "Black" and "Garden."

Also featured is "Set Me Free" live in Manila, during the band's 1995 visit. There's also the anthemic "Better Man," with the audience singing along to the song holds up in a Pearl Jam live performance climax, the raw-and-powerful instrumental "Cell", the crowd-pleasing "Bushleaguer"; the exuberant "Glory Of Love"; the early demo tape "Sirens Of Trouble", and the punkthrow "Red Mosquito."

Voted in a USA Today reader's poll as the greatest American rock band of all time, Pearl Jam has inflated many of its contemporaries and attracted a cult-like following. "Vs" is a testament to its longevity, popularity and influence.

All Original Artists

"The Hottest Hits... Ever!"
MCA

The lyrics say it all: "Have a good time" from children's "Party Rock Anthem," and "Good Song" by Patty's Black Eyed Peas. This compilation has everything for every one, and listeners will find something to like here, whatever musical predilection they may have.

From the opening cut, Maroon 5's "Moves Like Jagger," to the closing track, Onerepublic's "The Good Life," there's plenty of catchy tunes in between from an array of notable artists including Demi Lovato, Selena Gomez, Justin Bieber, Lady Gaga, Rihanna, Jennifer Lopez and Snoop Dogg.

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Annex Atrium
April 12 • 5pm

Presented by: Pantaleon Jag Jeans

Sergio Mendes returns to the Big Dome

"SERGIO Mendes & Brasil 10.3 Live in Manila" goes onstage April 24 at the Smart Araneta Coliseum.

Mendes' musical roots date back to his early years in Niterói, Brazil, where he attended the local conservatory with hopes of becoming a classical pianist, but then switched to bossa nova at age 13, the jazz infused derivative of samba that swept Rio de Janeiro in the mid- to late '50s.

Moving to the United States in 1964, Mendes formed Brasil '65 and recorded for Capitol Records, but it was as Brasil '66 that his band achieved instant success, after the release on A&M Records of its self-titled debut album, which featured a mix of light jazz, a bossa nova beat and contemporary soft pop melodies.

SERGIO Mendes

Some of his well-known hits include "Mas Que Nada," "The Look of Love," "She Used to Be Mine," "Scarborough Fair," "Fool's World," "Never Gonna Let You Go," "The Trouble With Hello Is Goodbye," "What Is Life Worth To Each Other," "Don't You Worry 'Bout A Thing," "If I Ever Lose This Heaven," "Put A Little Love Away," "Waiting For Love" and "Waters Of March."

Call 911555.

Tonight
The Cranberries, 8 p.m., Smart Araneta Coliseum

Tomorrow
LIMBAD, 8 p.m., Smart Araneta Coliseum

April 12
The Sellouts, 8 p.m., Smart Araneta Coliseum

April 13
Talking Stick Sunday, 6 p.m., The Sky Arena, SM North Edsa, Quezon City

April 16
Avenged Sevenfold, 8 p.m., Smart Araneta Coliseum

Too many stars in show business

DAVID Letterman was shooting the breeze with two guests last month, and he lamented the lurid scandals that most have gotten themselves involved in of late. Why, he wondered, did many stars feel they were such privileged people that they could flout public society's rules and treat with injustice and contempt those in whatever way it struggled and waggled its funky eyebrows and asked the rhetorical question: "Do we have too many stars?"

The members of the studio audience roared in approval, because the comically cynical TV host was daring to verbalize an "important" question about the function of celebrities in society.

What in fact do celebrities do, aside from being fabulously famous and often infamous? And, why do we have so many so-called stars? Can't we make do with only half of the huge numbers coming out of the woodwork like a voracious horde of termites?

Serious answer to a silly question: No, unlike natural-input-output queries we can't put aliens on the number of stars, both genuine or self-styled, who inhabit our local show biz firmament. Nor can we impose a moratorium on the discovery of new starlets just because we feel that we have more than enough of them for our contempt.

Precisely half of this country's population wants to be in show business because it's perceived to be a cushy job that promises an fabulous fame and fantastic fun one in the privileged few who are able to graduate from stardom to stardom.

Even if they don't set their way out of a dog pound, hundreds of hopefuls without the necessary talent join all sorts of so-called talent discovery fiks - fiestas in barrios, they call it. Be decided neighborhood singing heroes.

And somewhere (the fabled streets and junior de mahal) the homegrown musicians and director eager-beaver "Stars of Tomorrow"—who aren't gifted enough even to make it through to high? It's a big country after all and everyone, talent, show biz, too included, makes room for labor.

David Letterman

Kuh...

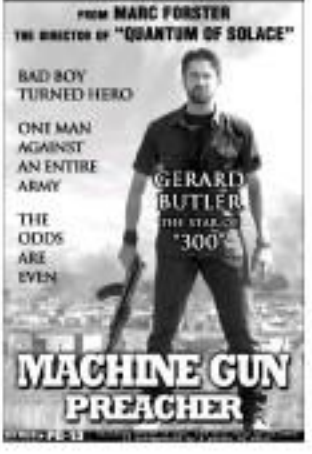
AEA SIGUERRA: I just felt so parang dang-lapo inlad na 'Pwentoso onstage in response to your urging mga bebot, si Bob (Arellano) niya sa unvaling pop top. Bakalkhaven ng kung anong pinaninindahan at pinagkakitaan nito. Napahiyo! na lang ako ng sobra.

LIAN SUNIGO: The "Magtas Monologues" experience brought attention to a sad reality—that women and girls are victimized everyday, and they need our help to stop the violence.

I was very moved when several women in the audience stood up to acknowledge being abused or violated. That simple act demanded great courage. I hope each of them was empowered in that moment to begin healing or get help.

As for Bob's actions that night, I was quite disappointed and bewildered. Why did she accept the invitation to perform if she knew she couldn't wear my "magtas"? It is not a mere novelty. It's a body part from which I derive my bitch. Magtas are powerful. You cannot be a woman and be ashamed of having one.

For feedback, e-mail usuringbalsheng@inquirer.com.



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Kuh lends sour note to 'Vagina Monologues'

I HAD the time of my life during my second stint with the stage play "Vagina Monologues" at the Music Museum. It was so heartwarming to bond with empowered women from various fields and to raise funds for comfort women.

I got misty-eyed when the cast John joined in outrage for the finale and gamely danced with us to Beyoncé's "Run The World." Despite the horrors they've gone through, their spirit has not been broken.

Nina Ferguerra was a standout in her monologue, "Say Ahhg Mmmhh," about a sexually abused child who later on discovers the joy of sexual awakening with an older woman.

Leah Navarro's "Hair" monologue showcased a side of her voice seen before. Joy Viado's "The Flood," Mae Paner's "Vagina Workshop," **Sheila Francisco's** "Because He Liked To Look at It," and **Anne Hosaka's** moaning-and-hair brought the house down.

G Tongi was fearsome personified in her number, "My Angry Vagina." Ms. **Isah Ortosa's** "What If I Told You I Didn't Have a Vagina," Jennifer Perez's "My Vagina Tales My Village," **Kara Mendoza's** "For My Sisters in Port Au Prince Haitian Vow Orleans," Rosita Amour Jose's "I Was There in the Room" and **Pinky Amador's** "Say It for the Comfort Women" pieced every-

MONIQUE Wilson

one's heart.

Gay Dillon asserted woman power all the more in her "Say It/Happy Hair" and intro to Pinky's monologue. So did **Shakespeare Sheridan** in her "Reclaiming Cunt" segment, Sheng Lilo's sung "Tawang Tawa/Isa" and **Cynthia Rivera's** (her's rendition of "Brahyn" highlighted V-day's crusade to end violence to women across all borns.

Other V-warriors who shared their voices and hearts were Angelu Padilla, **Angay Sirirwades, Gina Wilson, Dominic Carlos, Dr. Marilyn Bares, Jessie Tapales Dalare, Cec Nadres, Desiree Barrogue, April Colmar, Rosalou San Pedro, Nikki Ventura, Therese Sadelga, Rica Jose, Fatima Fernandez-Guevara, Bella Fernandez and Toni Harper.**

The closing call to action was led by our driving force, **Monique Wilson.** Rosario Aberera, Rep. Litmin de Jesus, **Rep Liza Maza** and **Anna Leah Serafica.**

A touching moment was when Monique asked if there were any women in the audience who were ever raped, abused, or maltreated. There were some brave souls who stood up. Monique and her boss Wolo Company also made a call for One Billion Rising [ ] happening on February 14, a global strike to demand an end to violence on Feb. 14, 2013.

AIDA Ferguerra.

Kuh Ledesma was also part of the show. But sad to say, she deviated from the theme. She has her reasons, but it was the wrong time to be preachy and take a feelie-that-does-much.

At press time, I was trying to get Kuh's side through her daughter Isabella, but she has not replied.

Here are the sentiments of some of my V-sisters about the V-day experience and Kuh's query act. Although Kuh (Associated Press) from us, the solidarity of the group remained intact. Kudos to New Wave Company and cool director Rito Asilo, and all my fearless and indefatigable V-Initiated V-Day 2012 non-truly sensitive of women who have something between their sun and not just something between their legs.

MONIQUE WILSON, SCV-Day, a global movement where we are working to end violence against women and breaking the silence to empower them, there will always be a star at the table, but that needs evolving consciousness. Once Kuh's consciousness evolves, she will be welcome to sit with us. But at our V-Day event last Saturday, it seemed like she stumbled onto the wrong party.

PINKY AMADOR: My monologue was extremely difficult to perform since it was written about our Comfort Women (Lola) by the Indos. I am honored to have been chosen by Monique to perform it, because it carries a huge responsibility by the actor to convey it properly. I focused on my (the) lola who were in front of me and I asked them to gather the courage, focus and commit once that "Say It" disavowed. V-day is all about initiation, compassion, and giving women a voice. And while Kuh's voice spoke with ignorance, belligerence and not having the same "heightened" emotional of compassion and tolerance, every thing happens for a reason.